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Calgary's on it
metroNEWS

Return date set

FORT MCMURRAY
Wildfire evacuees given reason to hope

Tim Querengesser
Metro | Edmonton

If the "beast" of a wildfire that has repeatedly defied expectations finally bids Fort McMurray adieu, the government will allow residents to begin returning starting June 1.

But in her announcement of the "conditional" plan Wednesday, Premier Rachel Notley repeatedly underlined the proposed return date is a target and not a promise. "Remember, many hazards remain," Notley said. "We need to address all of them before it is safe for residents to begin to return, and we are doing this."

The plan, which many of the

more than 90,000 people forced to flee have been increasingly hoping for, will be carried out in stages, Notley explained.

What must be clear first, she said, is the absence of threat from wildfires and even smoke, as well as the resumption of basic utilities and services.

Notley added that certain elements will remain compromised, including a boil-water advisory.

She warned evacuees that the community will only be able to provide basic services. People returning should bring with them what they need, she said, including medications and groceries.

Notley said the city will not be suitable for everyone including people with breathing problems, late-term pregnant women and those undergoing cancer treatment.

Those who do not wish to return immediately will still be supported by province, Notley said.

WITH FILES FROM THE CANADIAN PRESS

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Hunt on for parking potential

TRANSIT

Councillor hopes for better partnership with business



Helen Pike
Metro | Calgary

Your favourite shopping centre parkade may be packed on the weekend, but on a weekday while everyone's on the job valuable parking spaces could be going to waste.

The City of Calgary and several private-sector groups have already partnered to create coveted park-and-ride stalls along the CTrain line, but according to a report heard before the Transportation and Transit Committee on Wednesday, there's more out there to be explored.

Movie theatres, hotels, parks, churches and even shopping malls could be on the city's list of places to seek out partnerships when it comes to negotiations on Calgary Transit park-and-ride arrangements. And then there's the Green Line Transit Oriented Development with more opportunities in the city's future.

"It's a mentality shift; we have to embrace the private sector but also benefit the public, and if you can get that balance that's a win-win," said Coun. Shane Keating.

He noted that in the tour-de-transit he took with adminis-

tration they saw partnerships wherein daytime parking for transit was offered by a casino, and new developments were built around parking structures that paid for their own upkeep — instead of single-use surface lots.

One of those ideal spots identified by Keating was the Southcentre Mall, especially because of its Plus 15 walkway already between Anderson Station and the mall.

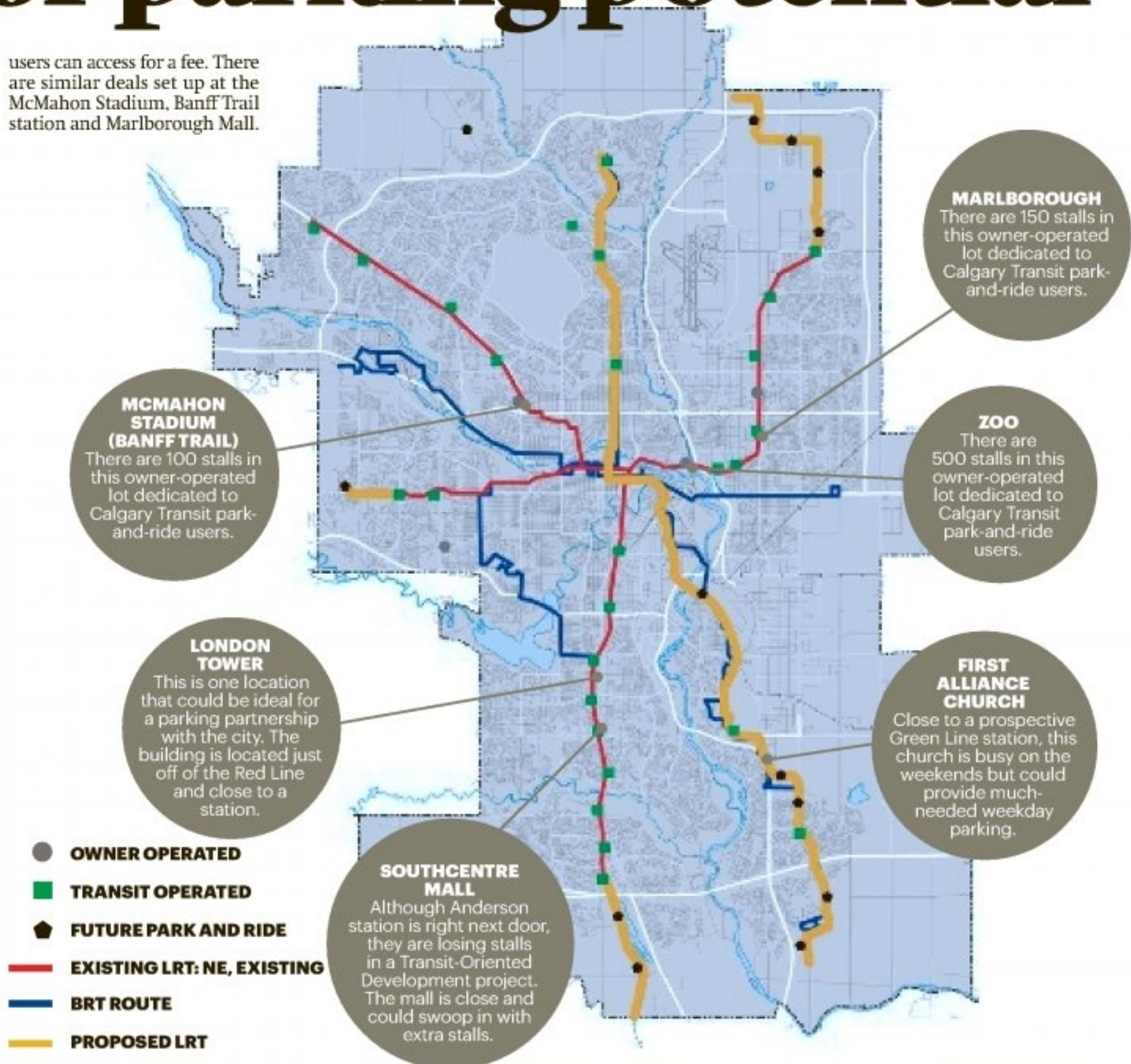
"Southcentre is not currently a designated park-and-ride facility," wrote Shawn Hanson, general manager of Oxford Properties Group, in an email. "If the right business opportunity presented itself, we would always provide thoughtful consideration in a potential partnership with the City of Calgary. However, our first priority is providing Southcentre guests and tenants with on-site parking that meets or exceeds their expectations, as well as our operational requirements."

Currently, it's not possible to just let transit in on your businesses parking. The report highlighted that most land-use policies don't allow a dual use for parking lots — even if they're conveniently close to a CTrain station.

That's where "station area land-use policies" come in. They could relax current policies and create these unique partnerships to help transit save a buck while expanding its parking repertoire.

Examples of some partnerships include the Calgary Zoo's lot, where Calgary Transit fronted cash for 500 spaces that

users can access for a fee. There are similar deals set up at the McMahon Stadium, Banff Trail station and Marlborough Mall.





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WARM WEATHER

Police save dogs, kids left in cars

Calgary fire crews and police officers responded to over half a dozen 911 calls for dogs left in hot cars before noon on Wednesday.

Two of the calls to 911 also involved children accidentally locked in vehicles, one for close to 30 minutes. Firefighters successfully unlocked both vehicles to rescue the two children who appeared to be in good health.

Police and fire crews are reminding drivers to never leave a child alone in a vehicle.

They also say leaving your pet in the car on a hot day can have serious consequences including organ failure, shock, or death.

METRO

CHARITIES

United Way seeks proposals

United Way of Calgary and Area is looking for new partners to receive stable, five-year funding from the organization.

The organization will be launching a request for proposals for the Strong Communities program beginning on June 1.

"Investing in building strong communities is essential for our city," said Karen Young, vice-president and COO of United Way of Calgary and Area. "The reality is, far too many Calgarians are facing critical social issues. We are committed to creating opportunities for people and communities to thrive."

The United Way will also consider short-term contracts outside of the five-year funding cycle to address emergent needs.

METRO

De Grood suffered 'psychotic episode'

COURT

Victims were 'on the side of evil,' said delusions



Lucie Edwardson
Metro | Calgary

Matthew de Grood was psychotic at the time he stabbed and killed five people at a house party in April 2014, according to psychiatrists who took the stand Wednesday.

De Grood is facing five counts of first-degree murder in the 2014 stabbing deaths of Jordan Segura, Lawrence Hong, Kaiti Perras, Josh Hunter and Zackariah Rathwell. Their murders are considered Calgary's worst ever mass killing.

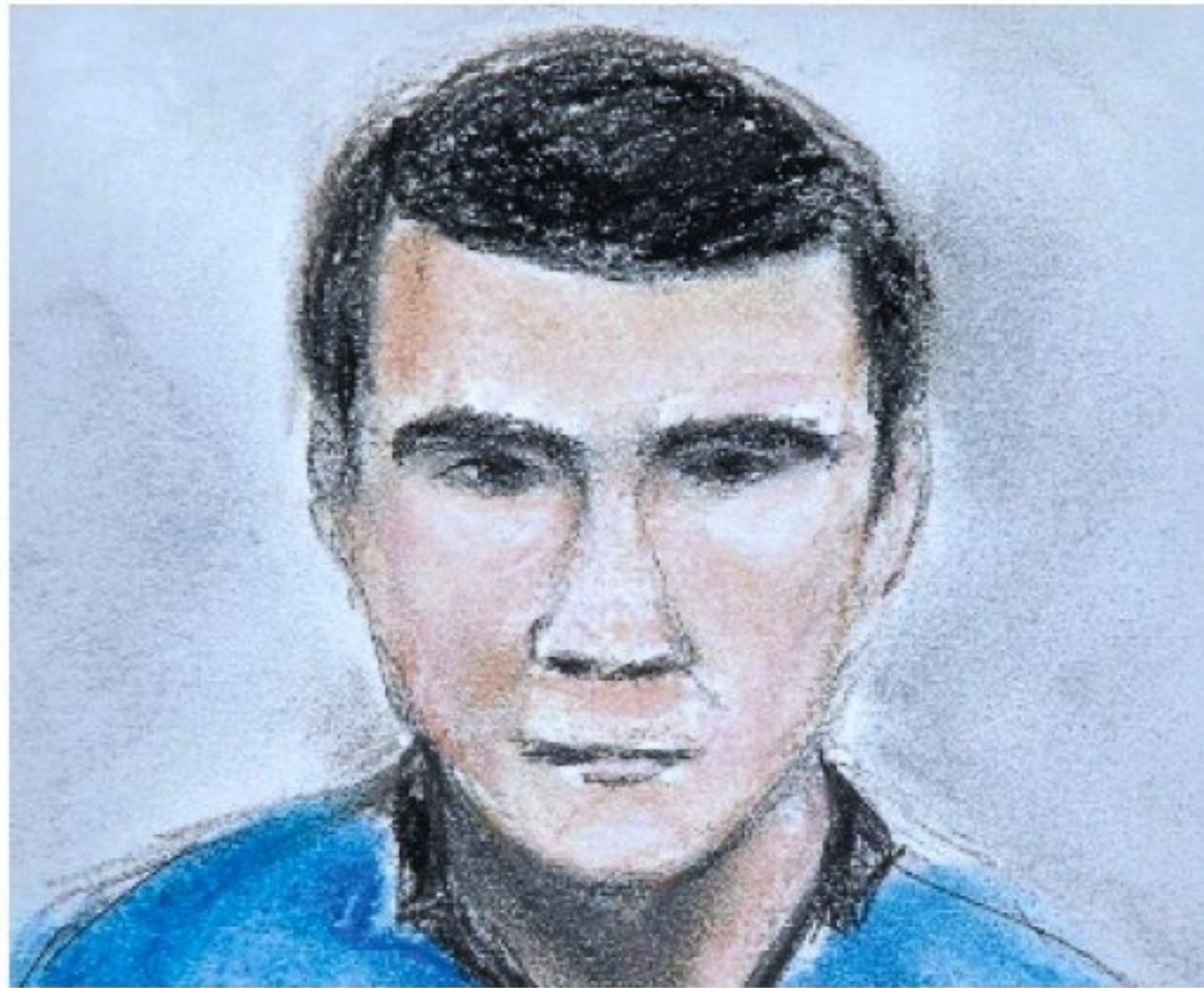
On Monday, de Grood's lawyer, Allan Fay, entered a not-guilty plea on his behalf, saying de Grood was not criminally responsible (NCR).

Dr. Alberto Choy, director of the division of forensic psychiatry at Alberta Hospital in Edmonton, testified Wednesday as an expert witness, arguing de Grood was NCR at the time of the stabbings.

Court heard Wednesday that de Grood believed the "end of the world" would take place that evening starting with a war, and that his stabbing victims were "on the side of evil," and "going to kill him."

In Choy's opinion, de Grood was suffering from a mental disorder at the time of the killings.

"It appears that Mr. de Grood had suffered from a psychotic episode. The disorganization and delusions identified at the



Matthew de Grood in an April 22 courtroom artist's sketch. THE CANADIAN PRESS FILE

“He heard a male voice, who he thought was the devil, telling him to ‘kill them before they get you.’

Dr. Lenka Zedkova

time of the offenses and his response to treatment would not be atypical of a severe psychotic disorder.

Choy said should de Grood be found NCR he could spend the

rest of his life in a psychiatric facility. He said the rate of recidivism for individuals found NCR are "remarkably lower than those who go through the corrections system."

The defence's second witness, psychiatrist Dr. Lenka Zedkova, said she believes de Grood suffers from schizophrenia.

"He heard a male voice, who he thought was the devil, telling him to 'kill them before they get you,'" she wrote in the report.

Fay spoke to reporters about the NCR defense outside of court Wednesday.

"When we say psychotic we mean a disconnection with re-

ality," said Fay.

"My client isn't trying to avail himself with some trumped up defense," he said. "My client was mentally ill when this occurred — to the point that he was incapable of appreciating the moral wrongness of what he was doing."

Fay said de Grood does now appreciate the moral wrongness of his actions.

"He's been medicated to the point that he's no longer delusional, and that's the difference," he said. "At the time this happened he was delusional, his psychosis was to the extent that his view of reality was distorted."

MINIMUM WAGE

Business group critical of hike



Jeremy Simes
For Metro | Calgary

Minister of Labour Christina Gray says the province is still committed to increasing the minimum wage to \$15 per hour by 2018, after an Alberta business group again called on the government to re-consider the hike.

On Wednesday, the government announced it's meeting stakeholders for the second time to discuss the minimum wage, after former Labour Minister Lori Sigurdson met with stakeholders last year.

Amber Ruddy, Alberta provincial affairs director with the Canadian Federation of Independent Business, said the government should ease hiking the minimum wage because small businesses continue to struggle due to the lacklustre economy.

"We hope this time they take the economic analysis seriously," Ruddy said. "It is not a good idea."

But Gray said the government is sticking to raising the minimum wage to \$15 by 2018, a campaign pledge it made last year.

"It makes sense to this government that families should take care of themselves without having to go to the food bank," she said.

Ruddy said the government should press pause.

"There are better ways to help low-income earners," she said. "CFIB has long supported training opportunities to advance out of entry level positions and targeted tax relief."

The government's consultation topics include the size of future increases, meal and lodging deductions and the phase-out of the differential liquor server rate.

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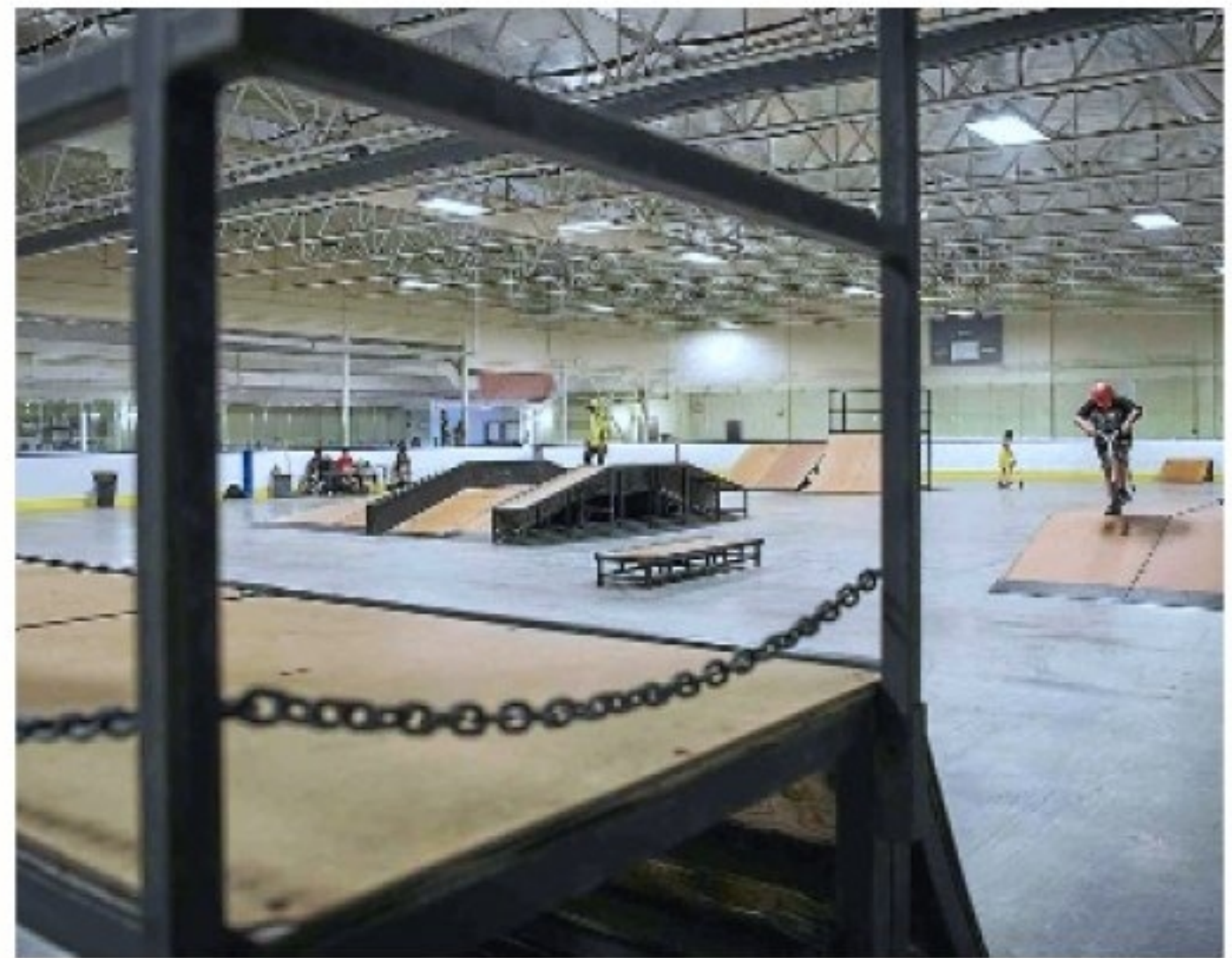
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As concrete parks go up, the mobile ramps now serve as a training ground. JENNIFER FRIESEN/FOR METRO

Mobile skate-park program ramps up

RECREATION

City to build new structures, better storage for off-season



Helen Pike
Metro | Calgary

As demand increases for mobile skate-park programming, the city is rolling with it.

The program has been on the go since 2000 and needs some upgrades. The City of Calgary put out a request for proposals to design and build two new mobile skate parks in 2017. Along with the new structures, the city is looking to create six cargo trailers to house the parks in the off-season.

"We've expanded over the years. We have four parks that rotate to different locations around



It really can give them that lifelong love of the activity.

Zev Klymochko

the city. We partner with community associations," said Joleen Teske, recreation program specialist. "This year we're at 18 different locations supporting the community with our free drop-in programs."

Now, the program is expanding because of demand and a need for improvements.

"We need some upgrades for some of our ramps. They take a beating, when people are skateboarding on them religiously," Teske said. "It can be hard to keep up with demand, as we get a lot of interest from community associations."

The mobile program is now in a new phase. With concrete parks going up, they're now serving as a training ground for young ramp users.

The program is especially

ideal for newbie skateboarders and young kids. Knowledgeable staff supervise sites, and helmets and waivers are required before skateboarding or in-line skating — and this year, for the first time, scooters are allowed on the obstacles.

"They're generally closer to home," said Zev Klymochko, president of the Calgary Association for Skateboarding Enthusiasts. "The obstacles aren't as challenging as the concrete parks, which for a beginner is a good thing."

Klymochko said in the past the park parts were stored outdoors, which left them vulnerable to wear and tear, so it's great to see the city investing in the program.

"It really can give them that lifelong love of the activity," said Klymochko.

ECONOMY

Plan to get public pay on grid

Alberta is bringing in new legislation to establish a pay grid for executives on its agencies, boards, and commissions.

Bill 19 will also allow the government to find out how much it is paying those executives right now.

As it stands, the agencies set their own wages for execu-

tives and are not compelled to divulge to the province exactly how much is handed out in base pay, bonuses, and severance.

There have been reports of some executives receiving hefty six-figure salaries and severance payouts.

The bill is part of a larger government strategy to bring

order, fiscal restraint, and transparency to Alberta's 301 agencies, boards and commissions.

The government has already started amalgamating or disbanding some agencies, and next month will begin posting online the salaries of the top earners.

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New surgery helps Calgary babies with fluid in the brain

MEDICINE

Less invasive procedure does not require a shunt



Jeremy Simes
For Metro | Calgary

Baya Plessis is a lot more loving than she used to be, after undergoing an innovative brain surgery to relieve fluid build-up in her brain, known as hydrocephalus.

Plessis, about 11 months old, was a candidate to receive the unique, minimally invasive surgery at the Alberta Children's Hospital, which is the only health centre in western Canada to offer the procedure.

On Wednesday, Dr. Jay Riva-Cambrin outlined the procedure as a possible option for parents with babies who have hydrocephalus, as many newborn patients are normally offered the placement of an internal shunt, or



Baya Plessis, 11 months, may have a lower risk of infection thanks to an innovative brain operation.

JENNIFER FRIESEN/FOR METRO

tube, to drain the fluid into the abdominal cavity.

The problem with the tube is that infections are common, and people with shunts sometimes face multiple neurosurgeries over their lifetimes, said Riva-Cambrin, who brought the technique to Calgary.

“The long-term risk was a lot less.”

Jamie Plessis, father

The surgery, if successful, eliminates the need for a tube, possibly meaning no follow-up surgeries or infections.

For Plessis's dad Jamie, no shunt is a good thing.

“The long-term risk was a lot less, like infections and stuff,” Jamie said. “Just the idea of hav-

ing an apparatus that's needing to be maintained didn't sit well — what if something happened to it?”

During the procedure, the surgeon creates a small opening in the skull, using a small camera to guide miniature surgical tools to create a bypass for the blocked fluid. The surgeon then disables some of the choroid plexus, a type of brain tissue that creates much of the fluid.

Baya has been more social since she received the surgery, said her mom, Lauren.

“She is much happier,” she said. “Before, she would just start screaming when someone else held her. I think it was from the discomfort of the fluid building up. She just wanted me all the time.”

“She just loves everyone now, apparently.”

Riva-Cambrin said researchers have submitted a grant for a study that would examine the surgery compared to shunting. If the surgery is shown to be the best option, it will become doctors' primary recommendation.

ASSISTED DEATH

Province 'closely' watching court case

The Alberta government is still in wait-and-see mode, after three Alberta Court of Appeal judges said the federal government's proposed legislation on assisted death does not comply with the high court's decision because it excludes people suffering solely from psychiatric conditions.

On Wednesday, Associate Health Minister Brandy Payne said the government isn't involved because the ruling is part of a court process.

“We're following it very closely,” she said. “We are bound by the rules that will be set out by the criminal code by the federal government. However, we are moving forward to make sure we have a framework in place for Albertans.”

Tuesday's ruling involved the case of an Alberta woman, known only as E.F., who applied last month for a judicial exemption to the ban on medical assistance in dying.

JEREMY SIMES/METRO WITH FILES FROM THE CANADIAN PRESS



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A screenshot of Anthony Heffernan from Hef's music video for her tribute song **What Comes Next?** SCREENSHOT

Heffernans hope to heal

JUSTICE

Family pens a song to shine light on victim shot by police



Lucie Edwardson
Metro | Calgary

As the Heffernan family continues to fight to learn the fate of a Calgary police officer who fatally shot an unarmed Anthony Heffernan, some have used creative outlets to get their story out — and to help them heal.

Anthony's cousin Amy Hef, a singer-songwriter, put out her newest song Tuesday titled "What comes next? (Anthony's song)."

Anthony, who was battling addiction issues, was killed in a room at the Super 8 motel in the 3000 block of Barlow Trail NE in March of 2015 after police were called when he failed to check out on time.

The lyrics of What Comes Next?, written by Hef, her brother Doug Heffernan and Steve Giles dives into Anthony's final moments, the struggles faced by the family to

move on as questions remain unanswered and their belief that the CPS officer should be held responsible for his actions, which they believe were extreme, given the situation.

"It's something that turned into something very powerful and that can be used as a good tool to put some pressure on police and so that people in Canada are aware this stuff happens here too," she said.

Hef said writing the song began as a way to try and heal, as she found herself in a dark place and not writing music.

"Anthony was always improving himself and he might have messed up but he didn't get that second chance like the rest of us," she said. "You always wonder what could have been, because if he would have checked out on time, would this have even happened?"

Grant Heffernan, Anthony's brother said he hopes the song draws more attention to his brother's case.

"To me, it means Anthony's point of view, the helpless feeling of being trapped in his body, the inability to have one last conversation," he said. "And, the fact that in simple terms he was gunned down for not checking out on time."

CRIME

Surge in domestic violence is 'very real'

Calgary police are calling it a "very real problem" in our community — domestic violence shot up 10 per cent in 2015.

According to a CPS report, domestic disputes are up 24 per cent over the five-year average. What's more concerning is domestic assaults with weapons increased 70 per cent over 2014.

"Domestic violence is a very real problem in our community" said Staff Sergeant Rob Davidson. "There is a connection between increased unemployment and increased domestic violence as people who are already prone to violence are home more and are facing significant stressors — and that is likely what we are seeing in Calgary."

Davidson said domestic violence incidents in Calgary have ebbed and flowed with the economy in the past.

"We will expect that our rates are going to decrease in time," he said.

18,993

Approximately 77 per cent of the 18,993 calls are verbal altercations that escalate to the point of requiring police presence.

Maggie MacKillop, executive director of HomeFront said domestic violence is "never justified," and said it's important people know they can come

to CPS or HomeFront for help.

"It's critical to reach out because there is help available that can help navigate through these systems, that can give you the support you need and help your families move to a healthier place," she said.

And from all indications, 2016 isn't going to get any better: police saw approximately 40 per cent more domestic violence calls in the first three months than they are used to.

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It's turned into something very powerful...that can be a good tool

Amy Hef, songwriter

EDUCATION

Board to present sustainability policy



Lucie Edwardson
Metro | Calgary

The Calgary Board of Education board members unanimously decided to take a new sustainability policy forward to the Alberta School Board Association Tuesday.

Championed by the CBE's newest trustee, Julie Hrdlicka, the board agreed to undertake the process to have "sustainable development" policy considered by the ASBA at their upcoming fall general meeting.

Hrdlicka said CBE already has many sustainability initiatives, but hopes this policy would strengthen sustainability in all Alberta schools.

"I think the Calgary Board of Education has taken leadership on these issues," she said. "That's why I think it's important

that as the largest board in Western Canada we work with our boards to strengthen sustainability in this province."

According to the CBE, the ASBA doesn't currently have a sustainability policy. After voting, the CBE board of trustees will present the following policy:



I think the Calgary Board of Education has taken leadership on these issues.

Julie Hrdlicka

"The ASBA commits to recognizing the inter-connectedness between the environment, economy and society, known as sustainable development. The ASBA defines sustainable development as creating an ecologically aware, socially just and economically responsible society. Given these values, the ASBA supports educational opportunities for renewable energy options, environmental education and sharing of environmental best practices in support of student learning."

development as creating an ecologically aware, socially just and economically responsible society. Given these values, the ASBA supports educational opportunities for renewable energy options, environmental education and sharing of environmental best practices in support of student learning."

HOMELESS

RESOLVE breaks ground on building

The RESOLVE Campaign broke ground on a 23-unit building in Radisson Heights on Wednesday.

The building, called Prelude, is one of nine structures that will be built by local construction crews for homeless Calgarians.

We are very appreciative of the community's support of this project," says Diana Krecsy, president and CEO of the Calgary Homeless Foundation in a release. "Everyone has a role to play in ending homeless-

ness and when a community is as committed to playing its part as Radisson Heights, our shared vision of ending homelessness becomes all that more realizable."

The development permit application for Prelude received strong support from the community association of Radisson Heights.

Shane Homes Ltd. has committed up to \$1.4 million through the RESOLVE Campaign to construct Prelude.

METRO



This bike rack at the Municipal Building is looking pretty bland, but artists could make it better. METRO FILE

City racks up dollars for functional art

DESIGN

Program calls for artists to design unique bike racks



Helen Pike
Metro | Calgary

The City of Calgary wants artists to rack their brains and create some functional art for the burgeoning cycling community.

In a call for artists, the city's public art program is hoping to create a pool of folks qualified to design and construct bike racks for various locations. Although they're still sussing

out the potential upcoming projects, these contracts could land artists between \$20,000 and \$75,000.

According to the transportation department, the current bike racks used throughout the city are ordered in bulk, and run about \$150 a pop.

"We're looking for people who can design bike racks, we don't know if there will be people who can actually carry through the fabrication themselves," said Sarah Iley, manager of arts and culture. "That's why there's a bit of a gap (in contract values)."

She said the racks would add a whimsical element to the streetscape, and her team has been receiving examples from eager Calgarians of creative executions in New York,

European cities and even Edmonton.

"It's great, it's a good way to have something that's functional, that people will use and bring a little character to the streetscape," said Agustin Louro, president of Bike Calgary.

Iley said the budget would come out of the public art program, which would take one per cent of the budget from transportation projects.

Like their utility box program, this could become a yearly call for artists and provide many with much-needed job opportunities.

Some examples of where these racks could be installed are projects like upcoming Plus 15 leading pedestrians from Chinook Station into the Chi-

nook Centre, and maybe even the Green Line stations.

"Artists are designers, that's what you're always looking for," said Iley. "Someone with that skill and that eye can really create a beautiful, engaging and often whimsical approach."

What makes a good bike rack? It's fairly simple; the racks need to give cyclists at least two points where they can lock up using the secure U-lock.

Bike Calgary president Agustin Louro said the lock should be able to secure both the frame and front wheel, as well as the back wheel if that's what the user desires.

And it should work for a variety of bikes. "There's all kinds of bicycles people are riding, and the locks should work for all of them," said Louro.

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WE ASKED: GOING HOME

Evacuees on the possibility of re-entering Fort McMurray by June 1:

It will make me happy to go back home with my kids and to continue life as usual, finally. It was a stressful time, disastrous for everyone. We suffered a lot, but we are happy that finally we can go home, the government and the organizations did a great job to help everyone get home. -Diyar Ahmed



Photos Jennifer Friesen/
For Metro

My place burned down — I lost everything. So, for me, it gave me a sign to start fresh somewhere else, maybe here (in Calgary). For now I'll be staying here, because everything up there is done.

-Alexandre Fontaine

I feel like it's traumatic for children to have to go back and see that. I have a two-year-old, a four-year-old and a six-year-old, and I really don't think that it's in my greatest interest to go back at all, but especially not now.

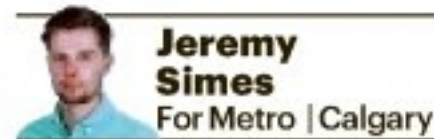
-Tammy Cormier



Implement wildfire report: Committee

RECOMMENDATIONS

Province must act to prevent future fires



Jeremy Simes
For Metro | Calgary

All recommendations within the government's 2012 wildfire report must be implemented to prevent another Fort McMurray-level disaster from happening, according to one committee member who drafted the report.

The 2012 document, titled the Flat Top Complex, was drafted in response to the 2011 Slave Lake wildfire, which forced more than 7,000 to flee and cost \$700 million to fix.

The report outlined 21 recommendations to better protect Alberta's communities, and are estimated to cost \$700 million over the course of 10 to 20 years.

On Wednesday, Tom Burton — who sat on the committee that drafted the report — said future Fort McMurray-level disasters can be prevented once all the recommendations are completely implemented, after 10 per cent of the city was destroyed by ongoing wildfires on May 4.

"You can see what happened in Fort Mac," he said. "Those are



About 10 per cent of Fort McMurray was destroyed by raging wildfires. THE CANADIAN PRESS

the dangers ... if we don't FireSmart our communities."

Since 2013, the government has funded \$100 million towards implementing the recommendations, though the NDP cut \$5.9 million from Flat Top Complex projects, according to its 2016-17 budget.

Agriculture and Forestry Min-



I think 10- to 20-year plan is taking too much time.

Todd Loewen

ister Oneil Carlier said the implementation of recommendations are ongoing, and the government is committed to completing all of them in 20 years.

Wildrose Environment Critic Todd Loewen said he thinks some of the recommendations should have been done as soon as possible: "I think 10- to 20-year plan is taking too much time," Loewen said. "We've got to do something sooner than this."

Carlier didn't specify future funding amounts for Flat Top Complex recommendations, though it plans to conduct consultations after the wildfires clear to possibly tweak the program.

"Over 100 actions have been taken in implementation of the recommendations," he said.

Burton said Fort McMurray may have endured slightly less damage if the report was completely implemented sooner.

However, all stakeholders — municipalities, landowners and the government — must do their part to ensure communities are actually protected, he added.

"The province is definitely not to blame," he said. "It's a bigger scope — there are so many stakeholders that work together on this. Home owners, for example, can do little things to hopefully decrease damage."

EVACUATION

Fox Creek, Little Smoky alerts off

Residents of a town northwest of Edmonton are no longer under immediate threat of a forest fire.

Alberta Emergency Alert cancelled a two-hour evacuation alert for people in Fox Creek and those who live south of the hamlet of Little Smoky.

Earlier this week, a blaze between the two communities forced residents south

of Little Smoky out of their homes until Tuesday.

However, residents were told they could be ordered to leave again.

Premier Rachel Notley said there was no growth in the fire Tuesday and was six square kilometres in size.

She said officials hoped it would be under control as of Wednesday.

THE CANADIAN PRESS

CLIMATE CHANGE

B.C. premier calls for national prevention

Climate change is leading to more wildfires and the country needs a national forest firefighting strategy, says B.C. Premier Christy Clark.

While the country has been transfixed by the raging fires around Fort McMurray in northern Alberta, British Columbia's interior is experiencing similar fire conditions this spring that have received far less attention.

"The federal government has

to help us to come together and come up with a national forest fire-fighting strategy," Clark said.

The labour-intensive job of clearing flammable debris on the forest floor is just one aspect of controlling wildfires, she said.

"That has begun," said Clark, adding more needs to be done "especially in terms of predictive work on where the fires will likely be." THE CANADIAN PRESS

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Board games coming to a bar near you

ENTERTAINMENT

Aficionados bringing mini nooks to cafés, bars across city



Aaron Chatha
Metro | Calgary

The next time you're 12 beers

in at the Ship and Anchor and you get a sudden itch to play Settlers of Catan, no need to break into your local toy store — Stay 2 Play has your hexagonal tiles covered.

The brainchild of board-game event planners Mike Procee and David Minken, Stay 2 Play is installing board-game nooks into bars and cafés throughout the city. Although some bars offer a selection of board games already, Procee said there's a

few problems with that model. "One, they're not the right games," he said. "We've done extensive industry research to choose the best 30 games to put in there."

Essentially, a few are gateway games, like Cards Against Humanity and Settlers of Catan, with a few more complex social games, like Code Names. They're offered for a rental fee set by the establishment — usually a few bucks.

Procee said the Stay 2 Play service will also train staff on the board games, similar to a board game café. Over time, they'll personalize each location's selection based on how customers react. Procee said so far 12 Calgary businesses have signed up. They officially launch on June 4, but have installed in a few locations already.

To keep up with updates, follow them on Twitter @Stay-2Play_ca.



Mike Procee said venues like Good Earth and Higher Ground have already signed on for game nooks. AARON CHATHA/METRO

HEALTH

Sensory insole gets innovation award

For her expertise on the human sole, Dr. Breanne Everett is one of six Canadians receiving this year's Governor General Innovation Award.

Through her company Orpyx, the Calgary doctor has created an insole to help patients with diabetic foot conditions.

She first thought of the idea while doing a residency in reconstructive plastic surgery. Because some diabetic patients could not feel pain in their feet, it affected the way they interacted with the world — and they often came in, barely able to walk, needing reconstructive surgery on their feet.

"It's a really mechanical problem at the end of the day, why these patients develop this issue," said Everett. "If you replace that feedback loop that's otherwise deficient, then you could theoretically prevent these wounds from happening."

Orpyx was first created six years ago, and much of their focus in that time has been developing the insole. It works in a few different ways.

The technology goes into the shoe, then immediately starts gathering data through sensors.

That sensor data can then be sent to the user through a phone app or smart watch,



Breanne Everett's company developed a sensory insole.
COURTESY TRUDIE LEE

allowing patients to monitor what's happening through their feet.

The other option is by using a vibrating haptic back pad they developed, which allows patients to feel what's happening with their feet on their back.

"The technologies we've been using so far have been deployed in clinical trials so far," she said. "We've had really positive feedback from patients."

For more information, visit www.orpyx.com.

AARON CHATHA/METRO

CRIME

Police seek suspect in March stabbing

Okotoks RCMP are seeking a man suspected of stabbing another man at a house party in March.

In the early morning hours of March 19, police were called to a home where a man had suffered serious stab wounds during a house party.

Police located the knife and determined that the suspect was a Joshua Mindy Shingoose, age 34,

of Calgary

Shingoose is currently wanted on charges of Aggravated Assault and Assault with a Weapon.

The Okotoks RCMP is asking for the public's assistance in helping locate Shingoose. If you have seen him or know of his whereabouts, please contact the Okotoks RCMP at 403-938-4202 or Crimestoppers at 1-800-222-TIPS (8477)

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PM apologizes after scuffle in the House of Commons

POLITICS

Trudeau is accused of 'manhandling'



Rebecca Williams
Metro | Toronto

Prime Minister Justin Trudeau and NDP Leader Tom Mulcair got into a heated exchange in the House of Commons on Wednesday as MPs gathered to vote on the Liberal government's controversial assisted-dying bill.

Video shows Trudeau taking the arm of Opposition Whip Gordon Brown in the crowd of MPs before the argument erupts.

Mulcair is shown yelling in the direction of Trudeau as the prime minister walks towards the NDP leader.

MPs then get between the two in apparent effort to separate them.

Trudeau, who physically took



Justin Trudeau and Tom Mulcair during the exchange in the House of Commons on Wednesday.

SCREENGRAB

Brown by the arm, later told the House that he was trying to help the Opposition Whip as MPs were blocking the whip from his seat.

NDP House Leader Peter Julian accused Trudeau of "man-

handling" Brown and MP Ruth-ellen Brosseau told the House that she had been "elbowed in the chest" by the prime minister.

Trudeau got up to "apologize unreservedly" for the alterca-

tion.

Trudeau's apology was dismissed by the Opposition as a non-apology. NDP MP Niki Ashton suggested the shoving of Brosseau would qualify as assault outside the walls of Parlia-

"I apologize for that unreservedly and I look for opportunities to make amends."

Justin Trudeau

ment. The Commons Speaker ruled that on its face, Trudeau's conduct was a breach of parliamentary privilege and referred it to the Commons procedure and house affairs committee, which could recommend Trudeau be sanctioned in some way.

Afterwards, Conservative and NDP House leaders stood together to denounce Trudeau's behaviour as disgraceful.

Former Speaker, Conservative MP Andrew Scheer said Trudeau "looked like he clearly lost his temper" when he charged down the aisle to move whip Brown along.

WITH FILES FROM TORSTAR NEWS SERVICE

JOHN MCCALLUM

Minister's remarks 'insensitive'

Immigration Minister John McCallum says his suggestion there's a cultural element driving Syrian refugees to food banks was insensitive and he regrets it.

Food banks from Halifax to B.C. have reported serving hundreds of Syrians who have come to Canada since November, the month the Liberal government launched a major resettlement program to bring 25,000 people by the end of February and thousands more by the end of this year.

The question of why came up Wednesday at a Senate committee studying the refugee resettlement program and McCallum initially pinpointed two reasons: the fact refugees do not have high levels of income upon arrival and something else.

"There may be a cultural element," he said. "You have to remember the refugees are coming from an entirely different world."

"Our world is very different than their world. Sometimes they have been living in refugee camps; maybe it's the norm to be offered meals. I'm not overly concerned about this."

But later Wednesday McCallum met with reporters outside the House of Commons to take back those remarks.

"The remark I made about food banks I think was insensitive so I regret having made that comment," he said.

To date, about 27,000 Syrian refugees have arrived in Canada, spread among nearly 300 communities.

About 15,000 are government-assisted, meaning they receive a year of income support from the federal government linked to the size of the family and provincial social assistance rates.

THE CANADIAN PRESS

EQUALITY

Whoa, Nellie: McClung top choice for female banknote



Braeden Jones
Metro | Winnipeg

Roughly one-in-four Canadians think Nellie McClung should be the first woman outside of the royal family to look back at them from a domestic banknote.

For obvious reasons, the chairperson of the Nellie McClung Foundation, Lila Goodspeed, would count herself among them; but she notes choosing McClung could also

loan itself to a lighthearted nickname for the bill.

"Coins have a name, so it could well be that (the new bill) does too," Goodspeed said. "You could do all kinds of things with a 'Nellie,' couldn't you? Something like: 'I'll bet a Nellie on that.'"

The Angus Reid Institute research group reached 1,517 Canadians through an online survey in May, and found 27 per cent would like to see McClung on their money.

Among female-only re-



Nellie McClung re-imagined on the Canadian \$100 bill.

ILLUSTRATION BY ANDRES PLANA/METRO

spondents, McClung was even more popular as 32 per cent — or one-in-three — named her as their top

choice.

Her granddaughter, Caitlin McClung, said that support is indicative of how Nellie's

legacy endures.

"It speaks to the universality of her values and the causes that she not just championed, but pioneered," she said.

A member of the 'Famous Five,' McClung won recognition of women's legal status as 'persons.'

During the 100th anniversary of women winning the right to vote in Manitoba — a movement McClung pioneered — her granddaughter says it makes sense she would be in the lead, in terms of public opinion.

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Traumatized Chibok girl reunited with her mother

NIGERIA

19-year-old is first to be recovered since kidnappings

One of the teenagers kidnapped by Boko Haram extremists over two years ago from a boarding school in northeastern Nigeria has been found with a baby and was reunited with her mother, a doctor said Wednesday — the first of the Chibok girls to be recovered since the mass abduction.

The 19-year-old woman, described by an uncle as traumatized by her experience, was found wandering with her baby on Tuesday on the fringes of the remote Sambisa Forest, which is located near Nigeria's border with Cameroon.

The news gave hope to the families of the 218 girls who



This image from video posted by Boko Haram purports to show the kidnapped Chibok schoolgirls. THE ASSOCIATED PRESS

are still missing and may provide information as to their whereabouts.

But the young woman told her mother that some of the

Chibok girls have died in captivity and the others still are being held, according to her family's doctor, Idriss Danladi, who spoke to The Associated

Press after talking with the mother.

On April 14, 2014, Boko Haram stormed and fire-bombed the Government

Girls Secondary School at Chibok and seized 276 girls preparing for science exams. Dozens managed to escape in the first hours, but 219 remained captive.

The young woman is the first of those captives to be found since the kidnapping, which grabbed worldwide attention and put a spotlight on the violence of Nigeria's homegrown Islamic extremists.

"God reigns!" one of the founders of the Bring Back Our Girls movement, Oby Ezekwesili, trumpeted on social media. "OUR #ChibokGirl ... IS BACK!!!!!! #218ShallBe-Back because #HopeEndures."

At least 16 of the girls' parents have died since the kidnapping, Bitrus said.

The inability of Nigeria's government and military to rescue the girls led, in part, to last year's electoral defeat of President Goodluck Jonathan, who was seen as uncaring.

THE ASSOCIATED PRESS

SOUTH AMERICA

Two more earthquakes hit Ecuador

Two powerful earthquakes jolted Ecuador on Wednesday, causing one death and injuring dozens.

Neither appeared to have caused serious damage but the government decided to cancel school nationwide as a precaution. In Guayaquil, office workers fled into the streets after the second quake.

Both tremors were centred along the Pacific coast near the epicenter of last month's magnitude-7.8 quake and rattled homes as far away as the capital, Quito.

Wednesday's initial shake was a magnitude-6.7 quake that struck before 3 a.m., and that was followed by a 6.8 tremor around midday.

President Rafael Correa said one person died in Manabi province in confusing circumstances that were still being investigated. At least 85 people were injured, two of them seriously.

"These sorts of aftershocks are normal but that doesn't mean they're not scary and can cause damage," Correa said in a televised address after the first quake. THE ASSOCIATED PRESS

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ENVIRONMENT

Earth's thermostat stuck on high

Thanks to a combination of global warming and an El Nino, the planet shattered monthly heat records for an unprecedented 12th straight month, as April smashed the old record by half a degree, according to U.S. federal scientists.

The National Oceanic and Atmospheric Administration's (NOAA) monthly climate calculation said Earth's average temperature in April was 13.7

C. That's 1.1 C warmer than the 20th-century average and well past the old record set in 2010.

The Southern Hemisphere led the way, with Africa, South America and Asia all having their warmest Aprils on record, NOAA climate scientist Ahira Sanchez-Lugo said.

The last month that wasn't record hot was April 2015. The last month Earth wasn't hotter than the 20th-century

average was December 1984, and the last time Earth set a monthly cold record was almost a hundred years ago, in December 1916, according to NOAA records.

"These kinds of records may not be that interesting, but so many in a row that break the previous records by so much indicates

13.7 C

Earth's average temperature in April

that we're entering uncharted climatic territory (for modern human society)," said Texas A&M University climate scientist Andrew Dessler.

At NOAA's climate-monitoring headquarters, "we are feeling like broken records stating the same thing" each month, Sanchez-Lugo said.

THE ASSOCIATED PRESS



Two survivors after a landslide in Elangipitiya village in Aranayaka, Sri Lanka, on Wednesday. THE ASSOCIATED PRESS

Hundreds of families go missing

SRI LANKA

As rain falls, officials warn more slides could occur

Soldiers and police used sticks and bare hands Wednesday to dig through enormous piles of mud covering houses in three villages hit by massive landslides in central Sri Lanka, with hundreds of families reported missing.

By evening, rescuers had pulled 17 bodies from the mud and debris unleashed by several days of heavy rain across the island nation. Officials said the extent of the tragedy was still unclear, but the Sri Lankan Red Cross said at least 220 families were unaccounted for.

"The task is to figure out what happened to them," the Red Cross said in a statement, noting that some people may have left after local officials warned earlier this week of possible landslides.

Heavy fog, rain, electrical outages and the loose ground were complicating efforts to search for survivors. As night fell, the rescue operation was suspended until dawn. Officials warned that, with rain still falling, more landslides could occur in the area.

Villagers said torrents of muddy water, tree branches and debris came crashing down around their homes Tuesday in the three villages, located at different heights on the same hill in Kegalle District, about 72 kilometres north of Colombo.

"I heard a huge sound like a



A landslide survivor carries her dog as she walks on the mud. THE ASSOCIATED PRESS

plane crashing into the Earth," said 52-year-old A.G. Kamala, who had just returned to her house in one of the villages, Siripura, when the landslides hit. "I opened my door. I could not believe my eyes, as I saw something like a huge fireball rolling down the mountain."

Near the village of Elangipitiya — furthest down the hill — soldiers carried bodies to a school, where families waited for news of missing loved ones.

Farmer Hewapelage Lal said he had identified the body of his nephew, but that 18 other family members were possibly buried under the mud. He and his wife had left their home to take fruit to a daughter who lived elsewhere, but at some point his wife turned back.

"That was the last time I saw her," Lal said, sobbing. When he heard of the landslide, he rushed home but found the area covered with thick, heavy mud. "All I could do was scream."

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CHANTAL HÉBERT ON MARYAM MONSEF



The minister in charge of fulfilling the promise of a new voting system has failed to offer any evidence that her government has an agenda other than having its own way with the electoral process.

In parliamentary politics, little is more self-defeating than a minister who consistently insults the intelligence of his or her critics. Sooner or later the approach inevitably backfires.

For a case in point one only need to look at the last Parliament.

Former GTA MP Paul Calandra rose to fame in the House of Commons as Stephen Harper's last parliamentary secretary at a time when the Senate scandal was in full swing. In that capacity, he would usually take questions from the opposition leaders when the prime minister was away.

Obfuscation was Calandra's specialty. He seemed to take pride in turning question period into a gong show. In no time his desk became the place where issues of substance came to die.

For those with short memories, here is the answer he offered in response to a Liberal query about the Senate in December 2013: "I ask the Liberal party to join with us in protecting the citizenship of Santa Claus, join with us in making sure the North Pole remains part of Canada. For all of those kids around the world who are depending on Santa Claus, I ask them to abandon their ideas and stick with us, and keep Santa Claus

Like Paul Calandra before her, Monsef is prone to explanations that defy logic. The difference is she does it with a smile.

Canadian."

This is just one of a tire-some number of examples. At one point a website devoted to Calandra quotes was created. There was never a

other than having its own way with the electoral process.

Pressed by the opposition parties, she has defaulted to bromides. Like Calandra, she



Democratic Institutions Minister Maryam Monsef in question period on Wednesday. Monsef's proposed electoral reform committee has been under fire from some who claim it's been designed for partisan advantage. ADRIAN WYLD/THE CANADIAN PRESS

shortage of new material to refresh it. By the time he lost his seat last October, he had become the poster boy for the Conservative government's disdain for the contribution of the opposition parties to the parliamentary debate.

There is not yet a match for Calandra on the Liberal side in the House of Commons but Democratic Institutions Minister Maryam Monsef is auditioning for the role.

For the better part of a week, the minister in charge of fulfilling Justin Trudeau's promise of a new voting system in time for the 2019 election has failed to offer any concrete evidence that her government has an agenda

is prone to explanations that defy logic. The difference is Monsef does it with a smile.

Her proposed electoral reform committee is to be dominated by the Liberals. It will report to a House where a Liberal majority calls the shot. On the notion that the government is stacking the decks in its partisan favour, most independent outsiders concur with the opposition. But Monsef maintains that the fate of the reform is in the hands of all MPs. It's clear the opposition is free to propose as long as it is the Liberals who dispose.

In response to Conservative calls for a referendum to be held prior to the introduction

of a different voting system the minister initially offered a tally of tweets on the issue of electoral reform. Had she read them Monsef might have found a groundswell of opposition to her chosen process.

Alternatively the minister argues that a plebiscite is not an effective option to sound out Canadians on the way forward because some voters would decline to participate. The underlying contention is that summer-long government-controlled parliamentary hearings and town halls are more inclusive. It is an unsustainable proposition.

By offering asinine answers to questions that resonate well beyond the opposition benches of the Commons Monsef has so far succeeded in burning bridges where she should have been building some. Even before it has gotten underway the Liberal electoral reform process is largely discredited.

It would be tempting to put this train wreck to the inexperience of a rookie minister but a government can count on the benefit of the doubt for only so long.

In the case of Calandra, for instance, observers did initially wonder whether he might not simply be out of his depth.

But at some point the answer ceased to matter, for no government minimally respectful of Parliament would have allowed its affairs to be conducted in such a farcical manner. The same will soon be true of Monsef's disingenuous handling of the electoral reform file.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

ROSEMARY WESTWOOD

If we're really going to legalize pot, we need to own up to a few things

Dear pot smokers: Please don't f---k this up.

We are on the verge of legalization. This is a pivotal moment in our country. And some of you — actually statistically about half of you — are ruining it. In a recent survey, conducted by State Farm, 44 per cent of marijuana users said they don't think the drug impacts their ability to drive a car.

Come on, you'd have to be high to believe that. I'm a little sad to have to spell this out for you, but if pot didn't have an effect on your brain, you wouldn't use it. It might be green and fuzzy like a muppet, but it's a drug. Please treat it like one.

At least agree that limits to THC levels, as with blood alcohol, are good. Perhaps you need evidence: While much more research needs to be done on marijuana and its impact on the body (and undoubtedly will be, once pot is legalized), a 2009 meta-analysis from Yale and a 2015 study from the National Institute on Drug Abuse in the U.S. both showed that being stoned makes you a worse driver. If that surprises you, please re-read from the beginning. Maybe you got distracted by a flea.

The whole saviour complex some of you have with weed really needs to stop. You can't advocate for its

medical effectiveness on one hand, and its lack of bodily effects on the other. You know the cliché that stoners are dumb? Please don't give it statistical grounding. For example, don't say, as 20 per cent of you did in the survey, that you will never stop driving high.

Also — please consider a different spokesperson than can usually be found at a 420 rally: the middle-class rasta-wannabe college white guy with a phallic joint the size of a banana.

That guy is not the reason this country needs to legalize pot. His individual desire to get baked pales in comparison to our country's need to save the estimated \$1.2 billion we spend every year enforcing marijuana-possession laws. Or our need to avoid tens of thousands of arrests, and the impact they have most especially on people who can't afford a slick lawyer and those racially targeted by police. Never mind how unimportant rasta-dude's carefree toking is compared to someone's search for relief from chronic pain.

You know that feeling when you're out of rollies? That's how I feel right now. Disappointed. Pot legislation is only a year away. I should be feeling good. Please stop crushing my vibe.

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Conservationists are worried Finding Dory will spike consumer demand for pet clownfish. It happened after the popularity of Finding Nemo and today more than 1 million clownfish are taken from their reefs for home aquariums.

Your essential daily news

Thursday, May 19, 2016

An account that can't just be deleted

INTERVIEW

Lindy West is ready to leave Twitter after facing her past

Sue Carter
For Metro Canada



When Lindy West was young, there were few signs that she would grow up to become a vocal feminist icon, online warrior and activist for the fat-acceptance movement.

That's one of the few surprises in her debut book, *Shrill: Notes from a Loud Woman*, in which West describes how she evolved from a clinically shy "terror-stricken mouse person" who peed her pants in Grade One out of fear of asking to go to the washroom, to an "unflappable human vuvuzela."

Written with West's signature wry comedic style, *Shrill* is both a heartfelt memoir and a passionate manifesto, revealing much more of her emotional life and, by extension, her vulnerability than she ever could — or wanted to — in a newspaper column, blog post or tweet.

"I've written really personal things, but never quite this personal. Writing a memoir really gives you permission to dig into the viscera of your own life," West says. "There's not necessarily a place to do that in political and pop-culture writing. So okay, I'm going to analyze and tackle myself."



Feminist icon Lindy West writes about how she refused to give in to the social media trolls. COURTESY JENNY JIMENEZ

As her own subject, the Portland writer had to research her life, reliving some painful times, including the death of her beloved father.

When West found her childhood diary, it took her about four months just to crack it open.

"I didn't want to confront those feelings," she says. "I didn't want to discover that I was wrong about the way I remember things because that's a weird, disorienting feeling. But you have to fact-

check your life."

Equally as painful are the book's descriptions of the vitriol she experiences as a Twitter celebrity. West's success has risen with online culture, from her time as a columnist at feminist website Jezebel

back to her early days as a film critic for the Seattle alternative newspaper *The Stranger*, working under famed editor Dan Savage.

A chapter in the book details a challenging time in their relationship during which West

called him out for his views on fat women (Savage has since come around and now consults West and others on being sensitive toward the topic before writing.)

To say that West has a complicated relationship with the internet is a giant understatement.

Her views on topics like misogyny in stand-up comedy and abortion have made her a constant target for trolls who attack her with gleeful violence. But *Shrill* makes clear that despite their efforts and the

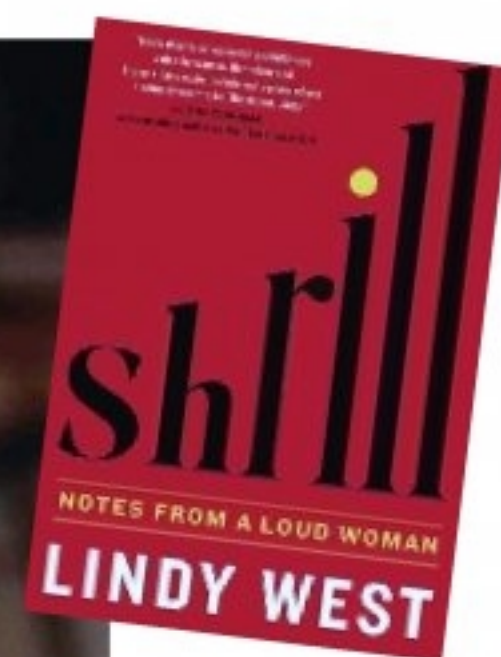
effect it's had on her life, West has landed on top. Which is perhaps why she is contemplating giving up Twitter and more than 68,000 followers.

"I'm really ready to be done. I didn't want to quit at the height of being trolled and harassed because that's what they want. But I don't know that it adds much to my life anymore," says West. "I don't think that's good for me or my career anymore, and I'm curious to know what it would feel like to not have a constant drip of toxicity into my arm 24/7."

Even if West disappears from social media, don't expect she'll give up the fight, or writing.

"I have lots and lots of choices and no plans," she says. "It's a fun place to be. The future is all opportunity."

Sue Carter is the editor at Quill & Quire magazine.



"I'm curious to know what it would feel like to not have a constant drip of toxicity into my arm 24/7."

Lindy West, on Twitter

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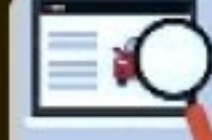


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Metro's WILDERNESS SURVIVAL GUIDE

The Victoria Day long weekend is the unofficial kickoff to summer and a tempting time to venture out on excursions. But what if things don't go as planned? LIZ BROWN/METRO

The wilderness is, well, wild. And given the chance, it will try very hard to kill you. It's an easy thing to forget as you pack for an outdoor adventure surrounded by the comforts of civilization. Metro spoke to Nick Buck, head instructor of the British Columbia-based survival school Survival In Canada who shared a few tips on what to do when your wilderness adventure travels up s—t creek.

THE 5 Cs OF SURVIVAL

- 1 Cutting device:** A pocket knife
- 2 Combustion device:** Buck recommends bringing and learning to use a ferro rod (a man-made metallic rod that produces sparks when scraped across a rough surface) and packing cotton pads and petroleum jelly. "You make a sandwich out of two cotton pads and a blob of petroleum jelly and light one spark on it and it'll burn for 10-15 minutes," he says. This gives you time to get wood burning.
- 3 Cordage:** Paracord can be purchased at any outdoor supply store and makes building a shelter easy. Learning to tie a few knots can come in handy, too.
- 4 Container:** A metal (not plastic) canteen for carrying and boiling water.
- 5 Cover:** A clear plastic drop sheet for building a shelter.

OTHER MUST-HAVE EMERGENCY ITEMS:

- A water filter like a Life Straw or water purification tablets
- A change of dry clothes, stored in a dry bag or freezer bag
- Ribbon to mark the trail in case you get lost



SHARE YOUR PLANS

Let people know about your trip. "You can't get lost if people know where you are," says Buck. Write down the details and give them to friends or family members. Include when you're leaving, where you're going, your planned routes and when you expect to be back. Let these people know you'll call them when you return and if you don't call them, they're to call you. "If a rescue party does need to go out and search for you at least they'll know where to look," says Buck.



YOU'RE LOST

Stop and stay calm. "You're probably not as lost as you think you are," says Buck. Mark the spot where you're standing with ribbon and then wander around the local area looking for the trail you've lost while continuously keeping the ribbon in sight. If you can't find the trail or figure out where you're supposed to be going, you'll need to hunker down and wait for someone to find you. "The good news is 90 per cent of survival situations are resolved within 72 hours," he says.



YOU'RE HYPOTHERMIC

According to Buck, the biggest risk people face in a survival situation is hypothermia. "Your body operates in a narrow temperature band and if it's out of that band for about three hours then you're in trouble," he says. If you're wet, change into dry clothes and focus on starting a fire.



YOU NEED SHELTER

A shelter from the wind and rain is crucial for preventing hypothermia as well. It doesn't need to be fancy. Tie paracord between two trees and hang a clear plastic drop sheet over the top about one metre away from your fire to create a makeshift tent. Buck recommends clear plastic because it captures the heat from the fire and creates a 'microclimate.' "I've stayed in a shelter like this overnight in -27 degrees Celsius," he says.



YOU NEED WATER

Boiling water will kill all biological pathogens, so you need to carry a metal canteen that can be heated. Carrying chlorine tablets or a portable water filter like a Life Straw is also a good idea. "You can survive about three days before you die of dehydration," says Buck.



YOU NEED FOOD

"Food is your last concern," says Buck, adding humans can survive an average of three weeks in the wild without food. "And forget the Rambo bulls—t, you're not going to be hunting and skinning wild animals to cook on a stick," he says. Pack an emergency stash of high energy foods like trail mix and protein bars. Buck also recommends learning to identify the "three plants that will mess you up" and the three plants you can eat in the area where you will be travelling.

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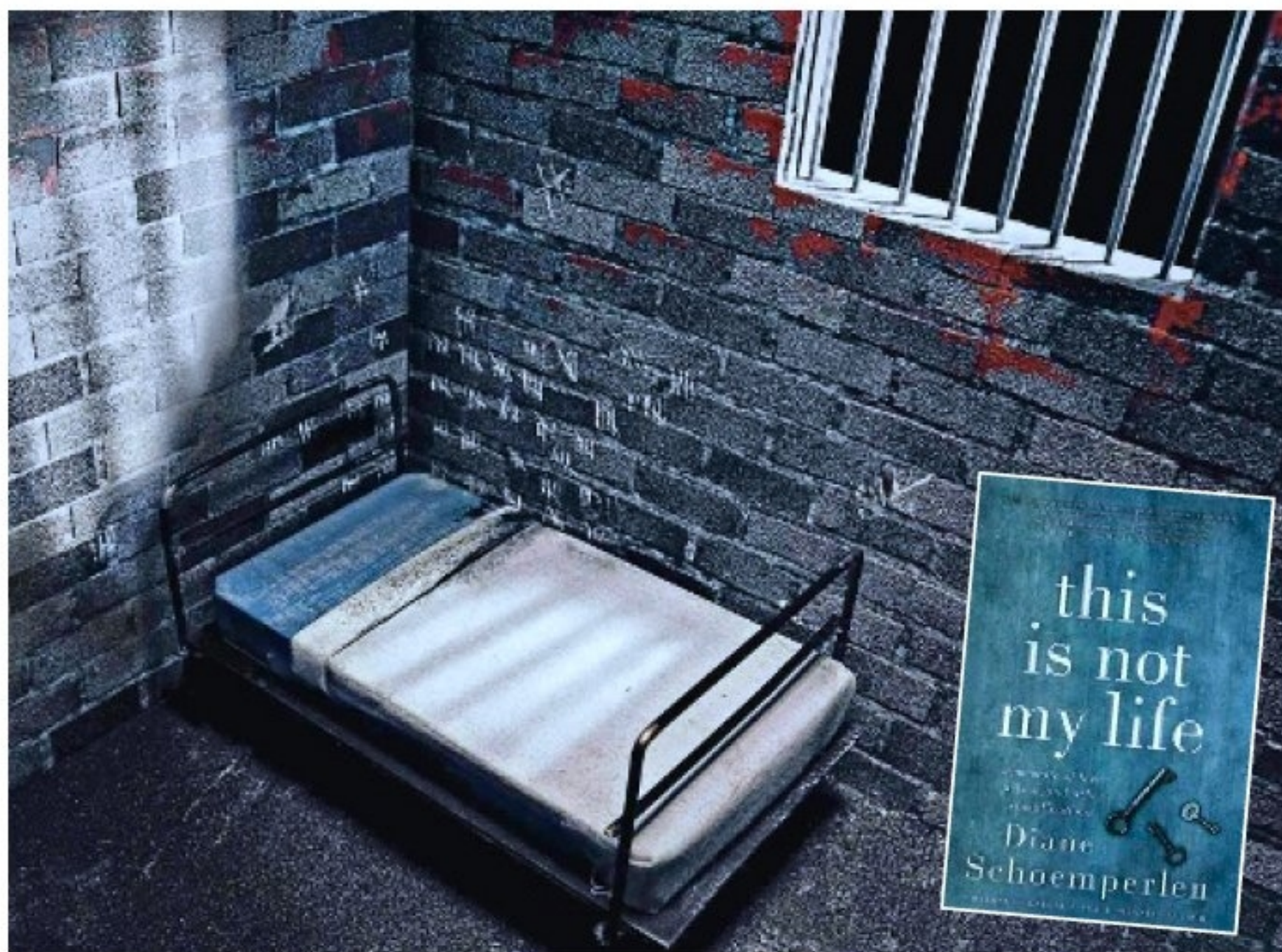


Illustration from *This Is Not My Life*, by Diane Schoemperlen, who had a romantic relationship with an inmate at Kingston Penitentiary while he was serving a life sentence for second-degree murder. RAFFI ANDERIAN/ILLUSTRATION

Falling in love with a killer

INTERVIEW

Memoir tells of love with prison bars between

Acclaimed writer Diane Schoemperlen doesn't know exactly why she fell in love with a murderer.

"Why do you love anybody?" she says in an interview. "It's not rational, it's not logical."

As she writes in her new book, *This Is Not My Life: A Memoir of Love, Prison, and Other Complications*, Schoemperlen didn't intend on getting into a nearly six-year relationship with a federal inmate — identified by a fake name, Shane — in Kingston, Ont.

They met while he was serving a life sentence for second-degree murder in a minimum-security prison, which allowed inmates to do escorted work in the community. Schoemperlen, who won a 1998 Governor General's Literary Award for *Forms of Devotion*, met him while volunteering at a hot-meal program where he worked in the kitchen.

"I grew up in the working class and perhaps that does help a person to not be judgmental," says Schoemperlen.

who was raised in Thunder Bay, Ont.

"I don't look at people and judge them by what they have or what kind of cars they drive. ... I think also being a writer, I hope that means that I can look beyond the surface and beyond the labels."

Schoemperlen writes that Shane was intelligent, funny and an avid reader. In his late 50s, he was also handsome and had a tattoo of a teardrop under his eye.

They became close when she volunteered to be one of his driving escorts to and from the Frontenac Institution on his



community work days.

The two started carrying on conversations by phone. Within a year, they'd struck up a relationship.

When Shane was granted day parole three decades after first being convicted, they were able to take their relationship to the next level. But Schoemperlen eventually real-

ized it wasn't a good situation for her — and that the outside world wasn't an easy place for Shane.

"I didn't really understand what institutionalization actually meant and that the skills that a prisoner learns that help him survive in prison are the exact opposite of what he needs to do to survive out here," says Schoemperlen.

"So that's something that I would say to all women who are with prisoners. I believed mistakenly that as soon as he got out, a lot of the problems would be solved. How naive was that?"

in such a relationship to "be careful and try to think clearly."

"No matter how much you love him, you may not be able to make the relationship work, because you're fighting not only whatever issues he might have personally but you're also fighting the damage that has been done to him, particularly if he's served a long sentence by being in prison."

Schoemperlen says she hasn't had any contact with Shane since their relationship ended, so she doesn't know if he has read or will read the book.

She wanted to write it to disprove the stereotypes about prisoners and the people who fall in love with them.

She also wanted to address the politics surrounding the prison system in Canada.

"I hope that one of the things people will get from this is that we should all care about the prison system, if only because 99 per cent of the people who are in prison right this minute are going to get out some day and they're going to come into our communities," she says.

"And if they haven't had proper programming and psychological help along the way, there are going to be more crimes and there are going to be more victims."

THE CANADIAN PRESS

"Because in fact everything got worse and I didn't understand how hard it was for him. I didn't understand that his coming out into the so-called free world after 30 years in prison was as scary and shocking and weird as if you or I suddenly ended up being sent to prison tomorrow."

Schoemperlen advises others



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A freshening of a familiar tale

Stories don't get more Canadian than this, and it's a story that's familiar to so many. But this is a new way of telling it.

It's a graphic novel version of English settler Susanna Moore's guide to life in what is now Peterborough, Ont.

It began life as a screenplay by Shields and Crowe and has now been converted to sequential art by Dawson and Goulding.

Like the original story of romance and struggle in the 19th century, it's a compelling work.

But, as Margaret Atwood explains so well in the introduction to this new volume, its real value is in its accessibility.

Atwood compares it to comics versions of classic literature from her childhood, and she's right.

It can be challenging to

tune into the prose style of the 1830s, and a graphic novel is more user-friendly. This one works well, with a fresh, clear style that keeps it good and readable.

It's an important story of a Canadian woman, and Dawson, the Canadian woman behind respected works including a book about Nellie McClung, is exactly the right person for the job.

MICHAEL DONACHIE



Melissa McCarthy and her all-female cast have sparked lots of internet outrage. CHRIS PIZZELLO/INVISION/THE ASSOCIATED PRESS

So, who you gonna troll?

MOVIES

Why the new Ghostbusters is being slimed by the internet

It seems a certain creepy corner of the Internet is determined to slime the new Ghostbusters.

On a pretty spring day, many people opted to stay inside and devote their time to organize a mass down-voting protest of a new YouTube trailer for the all-female comedy reboot, due in theatres on July 15.

The first trailer is the most-disliked movie trailer in YouTube history and just hours after the new clip was posted on Wednesday, its dislikes outpaced likes by a 5:1 ratio.

Does the proton pack have a setting for Internet trolls?

The film's zealous critics would have us believe that their indignity has nothing to do with the casting of four women — Melissa McCarthy, Kristen Wiig, Kate McKinnon and Leslie Jones — as the titular spectre-collaring quartet.

And it didn't help that the first trailer was a mostly humourless CGI airhorn blast that even McCarthy deemed "confusing." Filmmaker and geek-culture pundit Kevin Smith also attacked that trailer, concluding: "It could've been all men with the same jokes, and it still would have sucked."

Well perhaps, but would the Internet still be overcome with petulant rage if that were

the case? It wasn't that bad. As ScreenCrush pointed out, everyone hated the most recent Fantastic Four, and its dreary trailer still managed 40,700 likes to 7,400 dislikes.

A journey into the always-dangerous waters of online comments reveals how much of the bad psychokinetic energy is still etched firmly down gender lines. One of the most-liked comments on IGN, for instance, reads: "I want to see a male version of Bridesmaids, because of equality and all that."

804,000

By Wednesday afternoon, the first Ghostbusters trailer had received over 804,000 dislikes on YouTube.

Angry men have haunted the film since the moment its all-female cast was announced, so it requires a paranormal suspension of disbelief to think this has nothing to do with gender.

"It just seems so ridiculous. There were men literally saying their childhoods were going to be ruined — legit men, not children," said feminist blogger Anne Thériault with a laugh on Wednesday. "It was definitely a thing that was happening before the trailer. With all-female comedies specifically," she added, "that's usually what men are upset about: they don't think women are funny."

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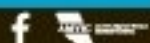
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GIVE ME A FAIR DEAL WRIGHT KEEPS POKER FACE IN HOUSE OF CARDS NEGOTIATIONS Actress Robin Wright says she demanded the same pay as co-star Kevin Spacey for her work on *House of Cards* and got it. Wright plays first lady Claire Underwood, an equally devious partner for Spacey's President Frank Underwood, on the Netflix series. The Huffington Post reports Wright said during a Tuesday interview at the Rockefeller Foundation in New York that she demanded equal pay after seeing statistics showing her character was more popular than Spacey's for a period of time. JUSTIN TALLIS/AFP/GETTY IMAGES FILE

MOVIES

Frozen tale of love, loss, life...and a bear

A polar bear speaking with the voice of Canadian actor Gordon Pinsent would seem strange anywhere.

But in *Two Lovers and a Bear*, the brave and crazy Arctic romance that premiered to warm applause early Wednesday in the Director's Fortnight section of the Cannes Film Festival, the philosophical bruin merits little more than a double take once his peaceable intent is assured.

He fits right into the woozy scenario of the story, written and directed by Montreal's Kim Nguyen, who is alert to the "strange things done in the midnight sun," to quote a line from Robert W. Service's famous poem *The Cremation of Sam McGee*.

The film stars Canada's Tatiana Maslany (TV's *Orphan Black*) and America's Dane DeHaan (*Life*) as troubled souls Lucy and Roman, two lovers running from their lives in the ice and snow of Canada's far North (Iqaluit, Nunavut, was the primary location for filming).

They're not running for their lives, despite the constant external threats of accidents and animal attacks, and the self-inflicted harm posed by isolation, alcohol abuse and suicidal impulses.

Lucy and Roman know how to survive in a land where it gets so cold it feels like fire.

But they don't know what to make of their romance, which seems about to tragically end. Lucy plans to return south to resume her studies in biology; Roman vows to stay north to continue with the blue-collar jobs and Spartan existence he wants and needs.

Miserable about their impending split, and both haunted by terrible past memories, Lucy and Roman opt to strike out together into the wild unknown, hoping that untamed nature will be kinder to them than so-called civilization has been.

"Life's funny, don't you think?" the bear observes, adding a charming touch of comic absurdity to the mostly dramatic *Two Lovers and a Bear*. Nguyen's story, which he adapted from an original idea by Louis Grenier, also takes on the contours of a survival thriller and a horror movie at times.

First and foremost is the amour fou between Lucy and Roman, whom Maslany and DeHaan conjure with affecting realism and a sense of fateful destiny.

"At its core, this always felt like a love story that seems to take place somewhere around a lunar base, in this harsh, eerie space, filled with idiosyncrasies, where the cold burns and where human relationships are deeply affected by the power

of nature," Nguyen says in his production notes.

Nguyen employs some magic realism, as he did in 2012 with his Oscar-nominated child soldier drama *Rebelle* (*War Witch*), to make snowy landscapes rhythmically heave as if they're a human chest breathing.

No computer can outmatch nature's imposing creations,

“At its core, this always felt like a love story that seems to take place somewhere around a lunar base, in this harsh, eerie space, filled with idiosyncrasies.”

Kim Nguyen, director
Two Lovers and a Bear

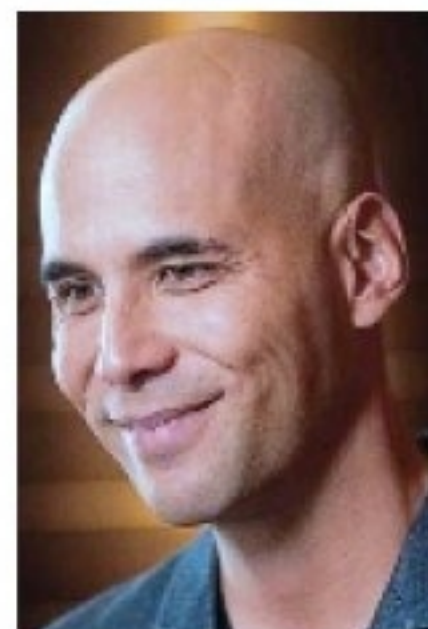
caught by cinematographer Nicolas Bolduc's wide lens and enhanced by Jesse Zubot's electronic score.

The bear is real, too, a friendly import from Vancouver named Agee who wasn't on hand for the Q&A session following the packed early-morning screening.

After watching Agee's

show-stopping antics in *Two Lovers and a Bear*, however, it wouldn't have seemed so odd if she'd bounded onto the stage with Nguyen, Maslany and DeHaan.

Likely to be selected for TIFF this coming September, Nguyen's film is the second Canadian feature to premiere at Cannes 2016, following Sunday's Fortnight bow of *Mean*



Dreams by Toronto's Nathan Morlando.

Thursday brings the festival's third Canuck feature, Xavier Dolan's family drama *It's Only the End of the World*, widely considered as a Palme d'Or challenger. It previewed to media in Cannes on Wednesday night.

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CBC wants radio ads for another 2 years

REVENUES

Pubcaster says feds' funding increase is not nearly enough

The Canadian Broadcasting Corporation says increased federal funding is not enough to offset the need to continue to sell national advertising spots on two of its radio networks.

The CBC wants the broadcast regulator to extend for another

two years its ruling that allows the CBC to play paid national advertising on CBC Radio 2 and ICI Musique, formerly Espace Musique, for another two years.

The CRTC ruled in favour of the CBC's request in 2013, allowing it to play paid national commercials until the end of this August. Now, the CBC wants that deadline struck from the licences of the two radio services, and thus extended until August 2018 to align with license renewals for its radio and TV services.

The CBC initially requested

permission to play ads to help offset declining federal subsidies.

In their first budget, the new liberal government of Prime Minister Justin Trudeau allotted \$675 million over five years to the public broadcaster, an increase over earlier funding which had been cut sharply by the previous Conservative government.

In questioning the CBC's application, filed in early March and released by the CRTC Wednesday, the regulator asked, among other things, why the

\$2 million

The CBC estimates the ads could bring in nearly \$2 million in revenue over the 2016-18 broadcast years. The broadcaster described itself as new to the radio advertising market and still learning how to sell available inventory as it seeks advertisers that align with its Canadian music strategy.

public broadcaster would need to continue seeking advertisers after getting more government money.

In response, the CBC said that while it is grateful for the extra funding, it is not enough to make up for the need to bring in other revenue streams.

The federal funding only covers a portion of the CBC's budget and will not reverse the funding cuts and freezes that have already taken place, the CBC said, adding that Canadians pay less than many other Western countries to subsidize

their public broadcaster.

Additionally, TV advertising revenues continue to drop, and regulatory changes are expected to continue to decrease advertising and subscription revenues. The corporation wants to at least maintain, if not improve, its radio advertising revenue.

The CBC said it feels it important to be able to offer potential advertisers the ability to advertise on radio in addition to other platforms in order to attract clients.

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**JOHANNA SCHNELLER** **WHAT I'M WATCHING**

Safety first takes away sting

THE SHOW: Saturday Night Live, May 14 (NBC/Global)
THE MOMENT: The "Black Jeopardy" skit

Game show host Darnell (Kenan Thompson) stares open-mouthed at contestant Jared (Drake, the evening's host and musical guest). "You're a black Canadian?" he asks.

"Obviously, dog," Jared replies in a chipper hoser accent. "There are thousands of us. I'm sure you met a few of us before."

"No!" Darnell replies. "Never met one!"

Jared continues to baffle Darnell by answering every question with white or Canadian names: Rick Moranis (instead of Eddie Murphy), Caitlyn Jenner (instead of Tyler Perry), Jaromir Jagr. Kardinal Offishall.

"Jared, I know you're speaking English, but it ain't my English," Darnell says. "Come on, black people live all over the world, you can't just put us all into one category," Jared protests.

"Maybe so," Darnell replies doubtfully. "I'm gonna let you tell that to the American police."



Drake's 'Black Jeopardy' skit on SNL missed its real opportunity. SCREENSHOT/GLOBALNEWS.CA

Aww, so close! In previous incarnations of Saturday Night Live, when the satire had more teeth, this skit would have taken off from here, and delved into how much deeper the racial divide is in America than in other nations.

Jared's fellow contestants (Jay Pharoah and Sasheer Zamata) could have peppered

him with questions about what it's like to be black in Canada. He could have responded with incredulity about the racism, subtle and blatant, they put up with.

They could have poked white Canada for its smugness, and bonded over common slights. It could have resulted in something stinging.

Instead, the writers tiptoed up to something risky, then veered into safe Canadian jokes. It had all the bite of a gummy bear.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

MUSIC

'René always said the show must go on'

Four months after the death of her husband and longtime manager René Angélil, Céline Dion is stepping back into the media spotlight with a string of televised interviews and appearances that began yesterday.

Although Dion, 48, returned to her Las Vegas residency at The Colosseum at Caesars Palace in February, she hasn't previously spoken with media about the loss of Angélik, whom she calls "the only man I ever loved."

"That all changes this week. 'I really, really want to prove to my kids their mother is strong,' Dion said in an interview with *People*.

The cover story

Dion tells People, on the cover of this week's issue, how she explained their father's death to five-year-old twins Nelson and Eddy, using the 2009 Disney animation *Up* to help her break the news. Prior to their father's Jan. 22 funeral, she "threw them a glitter and balloon-filled party," People writes, and told them that just like in the movie, "Papa" had floated "up" on balloons.

The TV 'exclusive'

ABC is claiming the first TV sit down with Dion since her husband's death with her Las

Vegas interview with Deborah Roberts, which airs on Good Morning America Wednesday at 7 a.m.

Dion talks about Angélil's final moments, when she reassured him: "The kids are fine. I'm fine. I promise you we're gonna be OK. Please leave in peace. I don't want you to worry."

The other 'exclusive'

'Céline maintenant' is billed as the singer's first in-depth interview since Angélique's death. Dion sat down with Montreal's TVA network on May 12 at Caesars Palace.

"Every day, I look at René-Charles, Eddy and Nelson and I see René," Dion tells interviewer Marie-Claude Barrette.

The award show

Dion will receive the ICON Award at the 2016 Billboard Music Awards on Sunday, joining the company of previous honourees including Prince and Stevie Wonder. She'll also perform, singing Queen's "The Show Must Go On."

"René always insisted the show must go on," she told *People* magazine. "You know what, I'm 48 years old and I lost the love of my life. I miss him a lot from when he was



Céline Dion returns to the spotlight. ETHAN MILLER/GETTY IMAGES FILE

great but not when he was suffering. I cannot be selfish. "You have to let people go. I feel at peace."


The live concert

Dion will sing on NBC's Today show on July 22 as part of its summer concert series outside the Rockefeller Cen-

ter. According to the network, crowds can reach 18,000 for the early-morning music show, which typically airs during the 8 a.m. slot.


Other acts booked this summer include Canadian Shawn Mendes, Nick Jonas and Alicia Keys.

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Project overview

Located in the award-winning community of Evanston, it's no surprise that The Link is already 50 per cent sold in just seven months. This 124-unit features standard finishes that include laminate and tile floorings, stainless-steel appliances and maple flat-panel cabinets.

Housing amenities

This townhome project is pet-friendly, which is rare and highly sought after. The Link also boasts lush green spaces that are easy on the resources — sustainable landscaping and irrigation equal beautiful spaces year-round, with minimal environmental impact.

Location and transit

Major highways and a number of area amenities are easy to access. The north section of Calgary's ring road, Stoney Trail, is just a moment's drive from Evanston. Other major roadways put the rest of the city within easy reach, including train stations and bus routes.

In the neighbourhood

You'll find established services just blocks away, and a world of other options in the area, including almost 50 acres of parks and pathways and close proximity to Creekside Shopping Centre and Symons Valley Farmers Market. Evanston will have two schools by 2017.

KRISTA SYLVESTER/FOR METRO

+ NEED TO KNOW

What: The Link at Evanston
Builder: Brookfield Residential
Architect: Clem Lau Architects & Designers
Location: Evanston Link N.W.
Building: 17 buildings, 124 homes
Sizes: 812 to 1432 sq. ft.
Pricing: Starting at \$255,000,

plus GST
Suites: One-, two-, and three-story townhomes. Two and three bedrooms with attached garages.
Status: In ground. Show-homes open June 2016.
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METRO SPACES

Do your house proud with these maintenance tips

As the days get longer and the weather improves, this is the time to make sure that our homes or rental properties are well maintained. Here are a few do-it-yourself projects to keep your home in tip-top shape:

Top up your attic insulation

Many older homes have inadequate levels of insulation in the attic that wouldn't meet today's building code. Topping it up will help to save on energy consumption and keep your house cooler in the summer months. A great product for this task is Roxul Comfortbatt insulation. It's easy to install, cuts simply with a serrated blade or bread knife and protects against fire, moisture and mold. Aim for a depth of 16 inches (41 cm) or an R-value of 50. Insulating properly could also provide added benefits

such as improving the longevity of your air conditioner by reducing stress on the unit as temperatures rise.

Inspect your roof and make minor repairs

Winter can be especially hard on a roof. Look for ice, hail or water damage. Replace any cracked or missing shingles and clear any debris.

Inspect windows and doors and re-caulk, where necessary

Because a proper seal is essential in both heating and cooling seasons, this job should be performed twice a year to protect against drafts and moisture, and to keep insects out. Worn weather stripping should also be replaced.



ISTOCK

Clean your gutters

It's not glamorous work, but your home's gutters play an essential role in moving water away from your home and preventing damage. Consider installing gutter guards to ensure your gutters remain functional and free from debris.

Other simple jobs

Other simple jobs include fixing leaky faucets, repairing and resealing decks, inspecting the foundation and scheduling a check-up for your HVAC system. The key is being honest about what you can handle and, when in doubt, call in the pros. News Canada



ISTOCK

Spring is the perfect time to restore your floors

Your floors have taken it all. Boots, scuff marks, moving furniture, pets and babies. When you decide it's time to restore them, make sure you treat them right.

Floor restoration is an art and a science, according to Sandy Sangster, owner of Calgary Flooring Designs, a provider of high-quality flooring options in Calgary.

The right restoration is particularly important for those whose floors have suffered major damage due to flooding or another incident.

"The Calgary Flooring Designs team will come to your home, cut out a sample of the floor to be restored, and send it to a lab in Ontario to be analyzed," explains Sangster. "That's how we find out what flooring was used and what would be the best match to replace it with. It's a very careful process."

Calgary Flooring Designs adheres to the highest standards, using ITC approved products, and every restoration the company does is under warranty.

"If there's anything you're not happy with,

we'll come back and fix it within the year," says Sangster. "We take great pride in our work and want you to have the best floor restoration possible."

Those looking to upgrade their floors can find a large selection of beautiful products in the Calgary Flooring Designs gallery, including hardwood, engineered hardwood, carpet, laminate, and tiles.

Calgary Flooring Designs is located at 105G 58 Ave SE in Calgary. For more information, visit calgaryflooringdesigns.com.

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Give your summer visitors a great night's sleep

Summer is a time for house guests — whether it's a regular visit from your family members, or you've invited an old friend for a much overdue catch-up.

"If you have guest coming to stay this summer, the best hospitality you can provide is to give them the opportunity to get a great night's sleep," says Charlie Gouldsbrough, owner of Simmons Mattress Gallery in Calgary.

If you don't have enough room in your home for a devoted guest bedroom, he recommends using a sleep chest to provide a comfortable bed for your guests.

Simmons Mattress Gallery carries a series of well-chosen sleep chest cabinets that convert into full beds with high-quality memory foam mattresses. The company only carries chest beds that are made to high quality standards with good materials and solid construction.

Sleep chests also help you save space if you don't have a devoted guest bedroom. Store

the compact cabinet in any room, and when your guests come to stay, just open it up and pull out the mattress.

There's a dramatic difference between sleep chests and traditional sofa beds, Gouldsbrough says.

"Most sofa beds are known for being very uncomfortable. They're hard, they're uneven, and many guests don't enjoy staying on them," Gouldsbrough says. "Sleep chests will give your guests a wonderful rest, but they also fold compactly for storage."

Simmons Mattress Gallery is the most reliable place in Calgary to buy a top quality mattress, whether you're looking for a sleep chest, or the best bed for yourself.

The store creates made-to-order mattresses of many varieties, based on your individual needs. Many are constructed right in Calgary.

When visitors come into the gallery, they can browse the collection of sleep chests, mattresses, pillows and other bedding. The staff at Simmons are well-trained and know-



ISTOCK

ledgeable about the store's products, so that every visitor finds a bed that suits his or her budget and sleep style.

"We want you and your guests to get a

great night's sleep," says Gouldsbrough.

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Trending: A new surge into older neighbourhoods

An interesting trend is occurring, and it appears to be the flip side of what many homeowners sought 10 or 20 years ago. Sleek, modern condos are breaking the Brady-Bunch-era architectural mould in increasing numbers as people flock to established inner-city areas across Calgary. As the suburban sprawl grows ever outward, more and more hopeful homeowners seek a closer connection to all that is vital within our fair city. Downtown accessibility, minimal upkeep, old-school character and ultra-close amenities trump the ever-slowing commute to and from the burbs.

Tara Cooney watches trends like this with great interest. She's the Sales and Marketing Manager for Attainable Homes — a Calgary non-profit that helps moderate-income Calgarians grab their first rung on the real estate ladder. As its name suggests, this city-owned non-profit group works with local developers and mortgage specialists to build, price and sell condos and townhomes that are attainable to a growing demographic: career-oriented yet cash-strapped Calgarians.

"We sell condos and townhomes in every quadrant of the city, but our places in established inner-city communities always get the most attention," shares Cooney. "They're not



CONTRIBUTED

the least expensive options we have, but the opportunity to own a home in a coveted community like Varsity, Bowness or Glenbrook is extremely appealing to many of our customers, and for obvious reasons. They don't make neighbourhoods like these anymore...and they don't get much closer to the core of our city. Older neighbourhoods offer so much character

and diversity, and people want to connect with this."

In addition to shorter commute times and better access to amenities, Calgary's established inner-city community-dwellers also reap the aesthetic benefit of mature tree lined streets and diverse architectural detail – in stark contrast to many of today's cookie-cutter

communities. Inner-city neighbourhoods also have the tendency of being far more pedestrian-friendly than their suburban cousins.

Cooney adds that, aside from the lifestyle benefits of inner-city living, the math makes a lot of sense. "Generally speaking, the farther you travel from the city centre, the more affordable homes become. Our inner-city properties like our new Varsity 4818 condos can typically be expected to appreciate in value better over the long term. And let's face it: any home in Varsity will always be in high demand."

Make the leap to home ownership

City-owned non-profit group Attainable Homes offers a program to help moderate-income Calgarians make that all-important leap into home ownership. Their condos and townhomes can be found in established neighbourhoods close to everything and truly geared toward having a lifestyle rather than merely living. Prospective home buyers are encouraged to visit AttainYourHome.com. The newest inner-city Attainable Homes offering is Varsity 4818.

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Michael Bisping has stepped in for the injured Chris Weidman to challenge Luke Rockhold for the middleweight championship at UFC 199

Power play making the difference for San Jose

NHL PLAYOFFS

Striking with man advantage has been key to Sharks' success

When Peter DeBoer took over as coach in San Jose one of the first tasks he wanted to complete was making sure the Sharks were more than just a power-play team.

Improved depth and 5-on-5 play helped get San Jose back to the post-season after missing it a year ago, but come playoff time that power play has served as an impressive weapon and a barometer for the team's success.

One game after getting shut out on the man advantage, the Sharks struck twice following St. Louis penalties in a 4-0 win Tuesday night that tied the series at one game apiece heading into Game 3 on Thursday in San Jose.

"It creates momentum for us," DeBoer said Wednesday. "I think that's what you're looking to do with your special teams both ways, is create momentum. I think when our power play scores, that creates momentum. I think when we kill penalties

like we did last night, like that four-minute penalty, I think that creates momentum the other way for us. That's what you're looking to do as a coach, is get momentum out of your special teams. I think that does that for us."

The Sharks lead the NHL with 15 power-play goals this post-season and their 30 per cent success rate is tops among all teams that have played more than one round. San Jose is 13-for-32 on the power play in nine playoff wins, compared to 2-for-18 in its five losses.

With a five-man top unit that has years of experience together, San Jose is a finely tuned unit. Joe Thornton is the playmaker, spending most of his time along the half-boards or behind the net.

“

We got five guys that can hurt you ... it's really hard to defend.

Joe Thornton

Pavelski led the team with 12 power-play goals in the regular season, with many coming on deflections in front of the net or rebounds. Logan Couture and Patrick Marleau bring versatility with the ability to create plays for teammates or score on big shots of their own.

He has plenty of options.

Brent Burns scored both power-play goals in Game 2 off one-timers that St. Louis goalie Brian Elliott had little chance to save. Captain Joe



The Sharks celebrate one of two power-play goals scored by Brent Burns in Game 2 on Tuesday night. GETTY IMAGES

"Our power play's pretty free-flowing," Thornton said. "Really just can't key on one guy. We got five guys that can hurt you. I think for us it's just the way you move around, it's really hard to defend."

The Blues managed to neutralize the Sharks in Game 1 when they killed all three power plays in a 2-1 victory. They were

short-handed five times in Game 2, including a slash behind the play by Troy Brouwer that led to the Sharks' second goal of the game and an interference call on Steve Ott for hitting Pavelski from behind when the puck was not in the area.

The other big difference in Game 2 was that the Blues failed to take advantage of their

power-play chances. After getting a man-advantage goal from captain David Backes to open the scoring in Game 1, St. Louis went 0-for-6 on the power play Tuesday night, including a weak four-minute chance early in the third period when Marleau was called for a high-sticking penalty and the Sharks lead was only 2-0.

THE ASSOCIATED PRESS

NHL PLAYOFFS

Penguins edge the Bolts in Game 3

Sidney Crosby, Phil Kessel and Chris Kunitz scored third-period goals, helping the Pittsburgh Penguins beat the Tampa Bay Lightning 4-2 in Game 3 of the Eastern Conference final Wednesday night.

Carl Hagelin snapped a scoreless tie late in the second period and Matt Murray had 26 saves for the Penguins, who took a 2-1 lead in the best-of-seven series. Game 4 is Friday night at Amalie Arena.

Crosby's power-play goal restored a two-goal lead midway through the final period. Kunitz also beat goalie Andrei Vasilevski from the right circle to make it 4-1.

Tyler Johnson and Ondrej Palat scored for the Lightning. They have lost two straight after winning the series opener in Pittsburgh. The defending Eastern Conference champions were outshot 48-28, including 38-16 over the last two periods.

THE ASSOCIATED PRESS

GAME 3 In Tampa, Fla.



Haydn Fleury, right, and the Red Deer Rebels will look to buck a trend and lift the Memorial Cup as the host city. GETTY IMAGES

MEMORIAL CUP

Host Rebels hope rust won't be a factor

The Red Deer Rebels exited the Western Hockey League playoffs on a Friday night in late April, and on Monday morning, coach Brent Sutter ordered his players back to the gym.

There was no time to dwell on the disappointment of a third-round elimination at the hands of the Brandon Wheat Kings, the eventual league champions. The Rebels still had another chance at post-season glory in the Memorial Cup, a tournament they were hosting in less than a month.

"There was disappointment,

ROUND ROBIN

The Rebels will open the tournament Friday against London while Rouyn-Noranda and Brandon will play their first game Saturday.

but we hit the reset button and prepared for the next challenge," Sutter said in a recent interview.

While Brandon was playing in the league final, the Rebels' past three weeks have consisted

of off-ice workouts, team practices and trying to simulate as much game action as possible.

The four-team tournament brings together the champions from the Ontario Hockey League, Quebec Major Junior Hockey League and Western Hockey League, along with a host city, to battle for a national crown. Will include the London Knights, Rouyn-Noranda Huskies, Brandon Wheat Kings and the Rebels.

Rarely is a host team successful at the Memorial Cup, especially if they've been waiting for

the tournament to begin.

Seven of the last eight champions have also won their league titles, with the 2012 host Shawinigan Cataractes being the only club to lift the trophy after bowing out in their league playoffs.

Red Deer finished the WHL regular season sixth overall and made the Eastern Conference final while Brandon is No. 7 in the CHL rankings. No. 1 Rouyn-Noranda is making its Memorial Cup debut while London is back for a fourth time in five years.

THE CANADIAN PRESS

GM Ujiri relying on resiliency

RAPTOR
CLEVELAND LEADS 1-0

Dinos in familiar spot having lost series opener

The Toronto Raptors have been here so many times, it's almost become their comfort zone.

The day after being throttled by Cleveland in the opener of their first-ever Eastern Conference final, the Raptors find themselves having to claw back from behind, and hope that recent history means something.

The Raptors dropped a hor-

rific 115-84 decision to the Cavaliers on Tuesday night. But they've lost every Game 1 of this post-season, and are 6-0 in games after losses.

"I see these guys, I see it in their eyes, and we're a very resilient team and we always come back strong," general manager Masai Ujiri said.

"There are going to be blowout games, and in the playoffs, every single game is different.

"We just have a resilient team. These guys fight, they're going to have ups and downs, and I think

they've fought through some down times in the playoffs and this year. They respond well."

Things couldn't go much worse than they did Tuesday at Quicken Loans Arena. One telling statistic: the Cavaliers held Toronto's all-stars Kyle Lowry and DeMar DeRozan to zero free throw attempts between them. In the 298 games

that Lowry and DeRozan have played together, that had never happened.

"That's a phenomenal number," coach Dwane Casey said. "I'm not very good at math, but

that's almost mathematically impossible as much as we drive and kick."

Lowry had been so solid against the Cavaliers in their three regular-season games, averaging 31 points on 66 per cent shooting. But the scrappy point guard was held to just eight points Tuesday night.

Asked about that spark in the eye that Ujiri spoke of: "There's always a fire if you get your ass kicked like that.

"You gotta want to win," said Lowry. "We didn't just get here to be like 'OK.' We want to win games. We want to compete. Our competitive nature as professionals, as NBA players is going to be at a high level."

THE CANADIAN PRESS



The Cavaliers held Raptors DeMar DeRozan, left, and Kyle Lowry to zero free throws in Game 1. Game 2 is on Thursday.

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LAND FOR SALE

ADDITIONAL LANDS FOR SALE BY OFFER ESTATE OF J. C. ANDERSON

The Estate of J. C. Anderson is opening the following lands within the MD of Foothills for offers:

I. THE SECTION 8 LANDS

NW, NE and SW quarters of 8/22/1/W5M

Three Adjacent Quarters close to the City of Calgary to be sold individually or together

Parcel A - NW 1/4, 159 Acres (+/-) and includes a 1,000 ft2 (+/-) house with detached double garage. Includes cultivated fields that were seeded for hay. Exceptional mountain views.

Parcel B - NE 1/4 156.53 Acres (+/-) and includes a 7,960 ft2 (+/-) house with attached 4 car garage, 5 bedrooms, 5.5 baths, games room, wine rooms and office. Beautiful southwest patio with elevated panoramic mountain views. Also has a 6,000 ft2 (+/-) heated & insulated machine shop, a 2,240 ft2 (+/-) heated & insulated Quonset hut and an outdoor tennis court.

Parcel C - SW 1/4 153.84 Acres (+/-) mainly pasture land with exceptional mountain views.

II. THE RIVER RANCH LANDS

West 1/2 of 30/20/1/W5M and Acreage at 0514212/1/2 (located within NW 1/4 of 30/20/1/W5M)

Parcel A - West 1/2 302 Acres (+/-) located directly on the Sheep River, with a 1,020 ft2 (+/-) cabin constructed in 2012 with wood burning fireplace, 2 bedrooms, 2 baths, plus loft. Also includes a 1,200 ft2 (+/-) heated & insulated machine shop, a 4,500 ft2 (+/-) heated & insulated calving barn, plus other older out buildings, sheds & hay barn. Panoramic views overlooking Sheep River Valley, foothills & mountains, with natural springs throughout. The offer package will include a gravel assessment report.

Parcel B - 5.04 Acres (+/-) located within the NW 1/4 of 30/20/1/W5M and includes 1,440 ft2 (+/-) house, with detached 832 ft2 (+/-) double garage, 4 bedrooms, 3 baths, and fully developed basement. Panoramic views overlooking Sheep River Valley, foothills & mountains.

Anyone interested in submitting an offer to purchase any or all of the lands described above should contact Lexy R. Wong as set out below to obtain an offer package which will contain additional information about the lands and the terms and conditions which the Estate may consider when reviewing the offers.

All offers shall be submitted in writing in the form provided in the offer package and delivered no later than 12:00 p.m. MST (noon) on June 20, 2016 to the following:

Lexy R. Wong, Bennett Jones LLP Calgary

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MLB

Rays cap sweep of struggling Blue Jays

The Tampa Bay Rays belted three home runs off Toronto starter R.A. Dickey in a 6-3 victory Wednesday night that extended the Blue Jays' losing skid to a season-high five games.

Logan Morrison and Desmond Jennings hit back-to-back homers in the fourth inning and Kevin Kiermaier added a two-run shot in the sixth as the Rays swept the three-game series at Rogers Centre.

Tampa Bay (19-19) returned to the .500 mark with the win. Toronto (19-23) was outscored 30-7 in the series and has now dropped five straight home games.

Morrison had three hits and scored twice while Evan Longoria chipped in with a pair of hits. Tampa Bay outhit Toronto 10-4.

Jimmy Paredes, who played third base for Toronto with Josh Donaldson getting a rest day, opened the scoring in the second inning with a solo shot off Rays starter Jake Odorizzi (1-2). It was his first homer of the year.

+ COMEBACK

Travis progressing in rehab
Blue Jays second baseman Devon Travis will join the triple-A Buffalo Bisons on Thursday, the latest sign



Devon Travis
GETTY IMAGES

of progress in his injury rehab assignment. Travis began his rehab assignment Friday and played four games with single-A Dunedin. Prior to that, he had been at extended spring training while recovering from off-season left shoulder surgery.

Dickey (2-5) worked six innings and gave up eight hits, four earned runs and a walk. He had six strikeouts.

THE CANADIAN PRESS

IN BRIEF

Sevilla captures third consecutive Europa title

Sevilla stunned Liverpool with a 3-1 comeback win to take a record third straight Europa League title on Wednesday.

Swept aside in the first half yet trailing only 1-0, Sevilla equalized 18 seconds after the restart with Kevin Gameiro's goal from close range and Coke striking twice in the 64th and 70th minutes. THE ASSOCIATED PRESS

IOC president: Russia could face range of sanctions

The latest allegations of state-sponsored doping in Russia could lead to suspension of entire national federations, heavy fines and lifetime Olympic bans, IOC president Thomas Bach said Wednesday. Bach declined to say whether the IOC would consider banning Russia entirely from this year's Olympics in Rio de Janeiro. THE ASSOCIATED PRESS

RECIPE Lemon Thyme Chicken Salad



PHOTO: MAYA VISNIEI

Ceri Marsh & Laura Keogh
For Metro Canada

This summery salad is bountiful enough to satisfy the meat and potato lovers at your table.

Ready in
Prep time: 15 minutes
Cook time: 30 minutes

Ingredients

- 1/4 cup extra virgin olive oil
- Juice of 1 large lemon
- Zest of 1/2 lemon
- 1 Tbsp of fresh chopped thyme
- 3 chicken breasts
- 6 cups sliced mixed greens
- 2 cups small potatoes, halved, boiled and tossed with oil and salt
- 4 soft boiled eggs, cut in half
- 1 cup thinly sliced carrot
- 1 cup halved cherry tomatoes
- 1 cup diced cucumber
- 1/2 cup shaved Asiago or Parmesan cheese
- 1/4 cup diced green onion
- 1/2 tsp fresh chopped thyme

Directions

1. In a bowl, combine oil, lemon juice, zest and thyme. Pour into plastic bag. Add chicken to bag, seal and refrigerate for at least 15 minutes.
2. Arrange greens on a serving dish. Place potatoes, eggs, carrot, cherry tomatoes, cucumber and cheese in groups on top.
3. Heat grill to medium-high. Remove chicken and place and grill coated with cooking spray; grill 10 minutes or until browned. Turn chicken over; grill 15 minutes or until meat is done. Remove and let stand 10 minutes. Slice chicken into strips and place on top of salad.
4. Sprinkle the entire salad with green onions and fresh thyme. Serve with your favourite salad dressing.

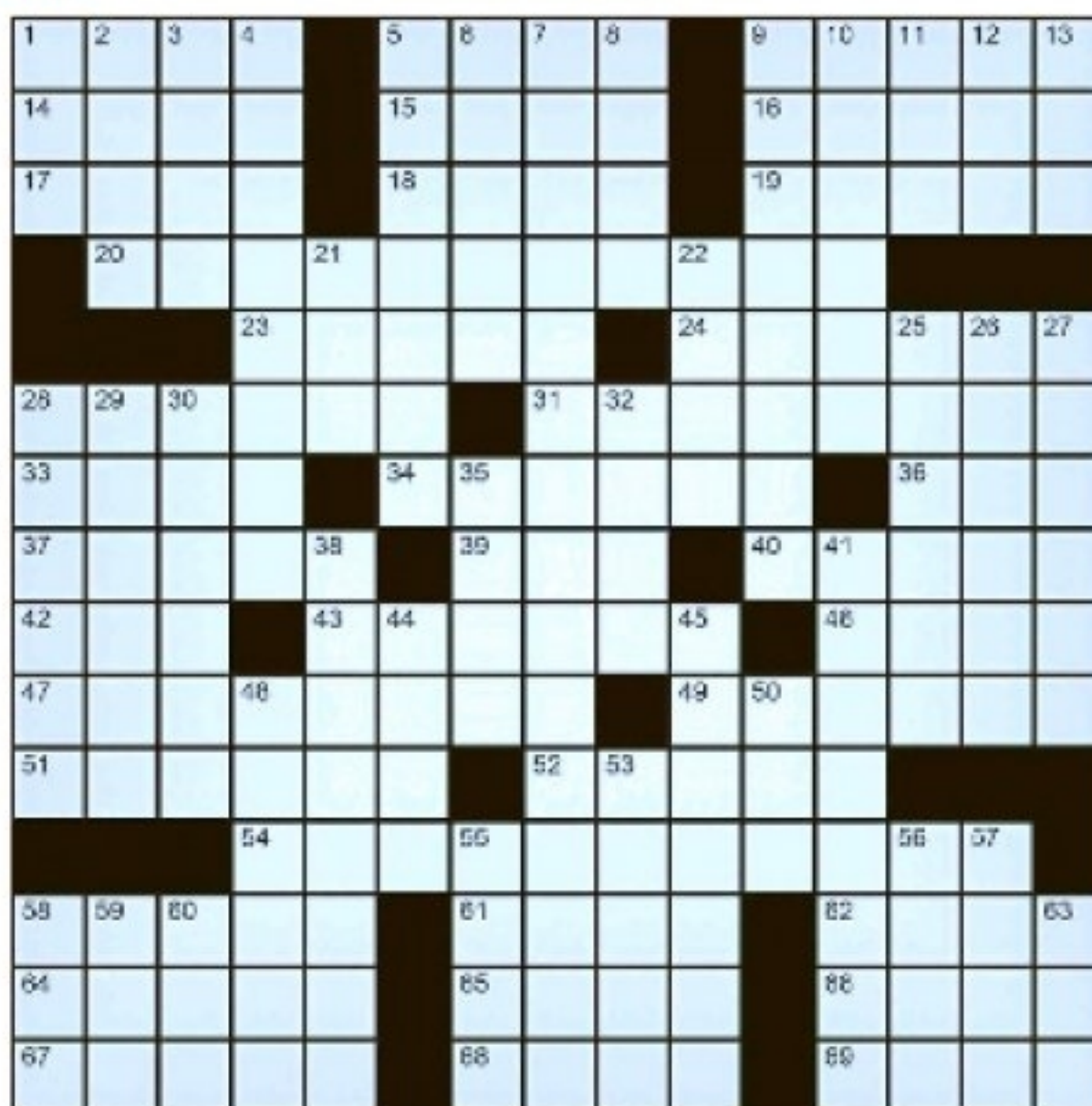
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ACROSS

1. Poison rocker Mr. Michaels
5. "Feel My Face" by The Weeknd
9. "Time in a Bottle" singer Jim
14. "___ & Stitch" (2002)
15. Pulitzer-winning writer James
16. Summer months in France
17. Marc ___ (Fashion designer)
18. 1899 to 1902 conflict, Second ___ War
19. Hog
20. One of the five "Mother Sauces" of the culinary arts
23. Green hue
24. Creator of big screen monster Godzilla, Tomoyuki ___ (b.1910 - d.1997)
28. Wipe out
31. Lifts
33. Organic compound
34. Intense injury
36. She's opposite
37. Business days, acronymically
39. Passed in 1867, it made Canada [acronym]
40. Glistened
42. J.R.R. Tolkien creature
43. Out of commission because of an ailment: 2 wds.
46. "Mister Ed" actor Leon
47. Turkey's geographical locale: 2 wds.
49. Taking a prescription: 2 wds.



51. Model/actress Ms. Ebanks
52. Tourist's accommodation
54. Ontario: Musical now playing at the Stratford Festival: 3 wds.
58. Archie Bunker's wife
61. Canadian actress Fiona

62. Ho-hum
64. Bristly hairs
65. The Naked ___ (Goya painting)
66. Stick in one's ___ (Rankle)
67. "___" Us (Chain store)
68. Red-covered

- cheese
69. Pull along

DOWN

1. Wheat: French
2. In the money
3. Town in British Columbia's 'South Country'
4. Home contractor's

- accessory: 2 wds.
5. Broadway musical-turned-movie-of-1972
6. Torment
7. ___-___ (Name of the grass emblem of Saskatchewan)
8. Prefix meaning 'Trillion'

9. Starch-extracted roots for tapioca
10. Ivanhoe's beloved
11. Not 'non'
12. Type of package [abbr.]
13. 'Legal' suffix (Lawyer-speak)
21. Permit
22. Thingy
25. Relaxed/comfortable: 2 wds.
26. Lamented
27. Evaluate
28. Devils
29. Main course
30. Like 'light' food
32. Lei-wearer's feast
35. Baseball stats.
38. The Bounty mutineer, ___ Christian
41. As per #54-Across... Music: Marvin ___ Lyrics: Edward Kleban
44. "Sooo soothing!" (Spa massage reaction)
45. WWII: Conference site in 1945 for The Big Three
48. Lariats
50. First word in Inferno by Dante
53. Mystifying game board
55. Elm: French
56. Ms. Ephron of screenplays
57. Biblical twin of Jacob's
58. "C___ la vie!"
59. God willing, ___ volente
60. 'Acid' suffix
63. Graduation bird

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today your focus is on shared property and the wealth of others. Don't be envious, because it's just a waste of energy. Be glad you have what you have.

Taurus April 21 - May 21
You will have to go more than halfway when dealing with others today, because the Moon is opposite your sign. This happens for two days every month. No biggie.

Gemini May 22 - June 21
Your involvement with a pet might be particularly important today. You feel concerned. It will please you to do something so that you feel better organized.

Cancer June 22 - July 23
This is a playful, fun-loving day. You might want to play hooky or take a long lunch. Sports events, social occasions and romantic excursions will appeal. Ooo la la.

Leo July 24 - Aug. 23
You need to cocoon at home or focus energy on your private life. Use this day to take a breather and pamper yourself among familiar surroundings.

Virgo Aug. 24 - Sept. 23
You have a need to relate to others today. This is why you want genuine, heart-to-heart discussions with people, not superficial chitchat about the weather.

Libra Sept. 24 - Oct. 23
Money and cash flow are a concern today. You don't like to discuss your finances with others, but you certainly think a lot about them. And today is one of those days.

Scorpio Oct. 24 - Nov. 22
Today the Moon is in Scorpio, which makes you a bit more emotional than usual. This happens for two days every month. Just chill.

Sagittarius Nov. 23 - Dec. 21
If you can sneak away and get some time alone today, this will please you. You need a moment to pull your act together before you take it on the road.

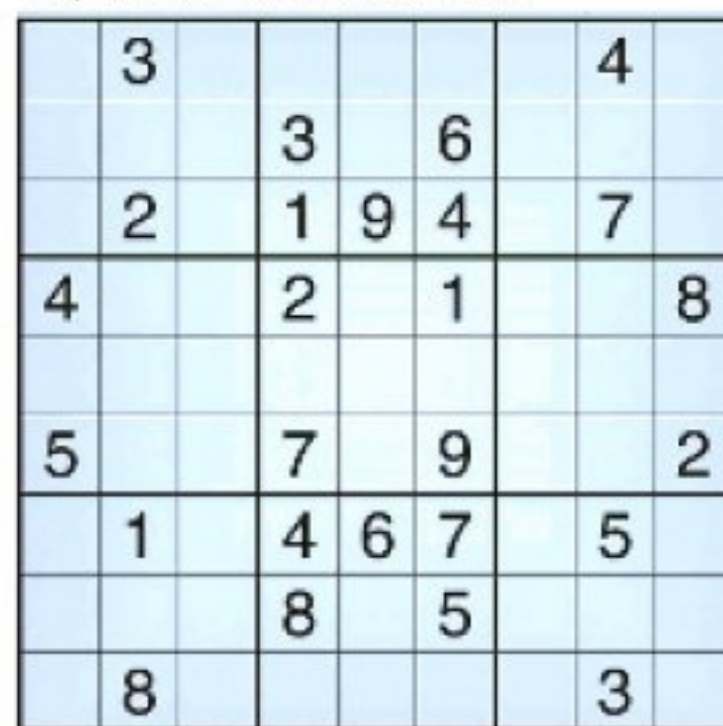
Capricorn Dec. 22 - Jan. 20
A conversation with a female friend could be significant today. You might discuss goals, future dreams or how to move forward with organizational plans.

Aquarius Jan. 21 - Feb. 19
You feel restless and eager for something different today. Therefore, indulge this need. Go someplace you've never been before. Explore your world. Shake it up a little.

Pisces Feb. 20 - March 20
Stay on top of banking, debt, taxes and all that red-tape stuff. Information is power, especially when it comes to your own personal finances. Know what's happening.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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